



# WHERE TO TURN FOR HELP

COUNTY OF  
SAN BERNARDINO  
DEPARTMENT OF  
PUBLIC HEALTH



2006 -2007

MDS# 0307-272.indd&ai

# *Where to Turn for Help*

# *Introduction*

***Where to Turn for Help*** is a listing of service agencies and groups for low-income families in San Bernardino County. This updated copy also includes a list of hospitals offering breastfeeding and childbirth classes, a list of DPSS offices, and programs offering English as a Second Language (ESL) classes.

The San Bernardino County Child Health and Disability Prevention (CHDP) Program and the San Bernardino County Nutrition program prepared the directory.

This is only a partial listing of the many services available to the public in San Bernardino County. For more information, please contact the Department of Public Health by calling Health Promotion & Education Services at (909) 387-6280.

Due to the ever increasing demand for the Where to Turn for Help resource guide, San Bernardino County (CHDP) will only be able to provide one copy per agency that requests one. You may make as many photocopies as are needed, however, please do not make any changes or additions without permission.


If you are aware of other services for low-income families, which are not listed in this directory, please call the CHDP Nutritionist at 909-388-0446, or mail the information to:

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# AIDS Testing and Sexually Transmitted Diseases (STD's)

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	Inland AIDS Project	1-800-499-2437 Call for nearest location	<ul style="list-style-type: none"> <li>● Referral for treatment</li> <li>● R.N. and R.D. on staff</li> <li>● Family/significant other counseling</li> </ul>
	CDC National AIDS Hotline	1-800-342-2437 English 1-800-344-7432 Spanish 1-800-243-7889 TTY 24 hour hotline 1-800 227-8922 (CDC/National STD/ AIDS Hotline)	<ul style="list-style-type: none"> <li>● Referral for treatment.</li> <li>● Literature search</li> </ul>
	National AIDS Prevention Information Network	1-800-458-5231 1-800-243-7012 TTY 1-888-282-7681 Fax	<ul style="list-style-type: none"> <li>● Current information on the latest AIDS research</li> <li>● Pamphlets and publications</li> <li>● Information on community agencies and services</li> <li>● TB information and STD information</li> </ul>
<b>San Bernardino</b> 92415	San Bernardino Public Health Dept. 799 E. Rialto Ave. *Call for days and times of sites in Ontario & Hesperia	(909) 383-3060 (909) 383-3212 Fax 	<ul style="list-style-type: none"> <li>● Education and prevention</li> <li>● HIV counseling and testing</li> <li>● Early Prevention Program</li> <li>● AIDS drug assistance program</li> <li>● Sexually Transmitted Disease services</li> <li>● HIV Transitional Case Management</li> </ul>



# BreastFeeding and Childbirth

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	La Leche League <a href="http://www.lalecheleague.org">www.lalecheleague.org</a>	1-800-525-3243 (24 hr hotline for parents) (847) 519-7730 (Hotline for professionals)	<ul style="list-style-type: none"> <li>• Trained consultants to answer questions</li> <li>• Information and referrals to local chapters</li> </ul>
	Hollister Incorporated 2000 Hollister Dr. Libertyville, IL 60048	1-800-323-4060 Select option 4	<ul style="list-style-type: none"> <li>• Referral to local pump rental stations</li> </ul>
	Breastfeeding National Network, P.O. Box 660 McHenry, IL 60051	1-800-835-5968	<ul style="list-style-type: none"> <li>• Referral to local pump rental stations and local specialists</li> <li>• Breastfeeding products</li> </ul>
<b>Apple Valley</b> 92307	St. Mary's Hospital 18300 Hwy 18	(760) 946-8223 (Select option 4)	<ul style="list-style-type: none"> <li>• Breastfeeding Support group</li> <li>• Childbirth classes (fee of \$25)</li> </ul>
<b>Barstow</b> 92311	Barstow Community Hospital 5555 South 7th Ave.	(760) 957-3323	<ul style="list-style-type: none"> <li>• Lamaze and lactation classes</li> </ul>
<b>Lake Arrowhead</b> 92352	Mountain Community Hospital 29099 Hospital Rd. Suite 112	(909) 336-3651 Ext. 3519	<ul style="list-style-type: none"> <li>• Breastfeeding and childbirth classes</li> <li>• Early pregnancy class</li> <li>• Mom support group</li> <li>• Newborn care &amp; infant massage</li> </ul>
<b>Loma Linda</b> 92354	Loma Linda University Medical Center, 11234 Anderson St.	1-877-558-6248	<ul style="list-style-type: none"> <li>• Total Care Birth Center offers childbirth classes</li> <li>• Infant/child CPR classes</li> </ul>
<b>Montclair</b> 91763	Doctor's Hospital 5000 San Bernardino Street	(909) 625-8303	<ul style="list-style-type: none"> <li>• Breastfeeding, Lamaze and childbirth classes</li> </ul>
<b>Pomona</b> 91767	Pomona Valley Hospital Medical Center 1798 N. Garey Ave.	(909) 865-9858	<ul style="list-style-type: none"> <li>• Breastfeeding and childbirth classes</li> <li>• Pump rental and sales</li> <li>• Perinatal grief support</li> </ul>

CITY	AGENCY	PHONE	SERVICES PROVIDED
Breast Feeding and Childbirth			
<b>Redlands</b> 92373	Redlands Community Hospital Birth and Beyond, 350 Terracina Blvd P.O. Box 3391	(909) 793-6110	<ul style="list-style-type: none"> <li>● Breastfeeding &amp; childbirth classes</li> <li>● Group support for new mothers</li> <li>● Lactation clinic- walk-in and by appointment</li> </ul>
92373	Inland Empire La Leche League Chapter 710 Robin Hood Ln. 1-800-525-3243 (Referral line)	800 La-Leche	<ul style="list-style-type: none"> <li>● Experienced mothers will answer questions about breastfeeding</li> <li>● Referrals to local pump rental stations and certified lactation consultants</li> <li>● Monthly meetings to discuss various breastfeeding topics</li> </ul>
<b>San Bernardino</b> 92411	Community Hospital of San Bernardino 1805 Medical Center Drive	(909) 887-6333 <i>Ext. 1485</i>	<ul style="list-style-type: none"> <li>● Childbirth and breastfeeding classes</li> <li>● Infant/child CPR classes</li> </ul>
92404	St. Bernadine's Medical Center 2101 N. Waterman Ave.	(909) 881-4420	<ul style="list-style-type: none"> <li>● Classes offered in prenatal care, Lamaze, and childbirth</li> <li>● Infant / child CPR and toddler basics classes</li> </ul>
92408	Pregnancy Counseling Center 114 Airport Dr. Suite 104	(909) 382-4550 (909) 825-6656 800 R-HERE-4-U (24 hour hotline)	<ul style="list-style-type: none"> <li>● Free pregnancy testing</li> <li>● Counseling and referral</li> <li>● Free maternity clothes, cribs, baby clothes and other items</li> <li>● Post abortion counseling</li> <li>● Reading materials (lending library)</li> </ul>
92415	WIC Program 351 N. Mountain View	(909) 387-8301	<ul style="list-style-type: none"> <li>● Breastfeeding counseling</li> <li>● Services to program participants</li> </ul>
<b>Upland</b> 91786	San Antonio Community Hospital 999 San Bernardino Rd.	(909) 980-2229 (909) 920-6230	<ul style="list-style-type: none"> <li>● Breastfeeding classes</li> <li>● Lamaze classes</li> <li>● Infant and prenatal care classes</li> </ul>
<b>Victorville</b> 92392	Victor Valley Community Hospital 	(760) 245-8691 <i>Ext. 6080</i> (labor and delivery) <i>Ext. 6139</i>	<ul style="list-style-type: none"> <li>● Breastfeeding and childbirth classes</li> <li>● Cessarian classes</li> <li>● Infant / baby care classes</li> <li>● Infant / child first aid classes</li> <li>● Sibling preparation</li> </ul>

# Car Seat Program



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Rialto</b> 92376	Rialto City Hall 128 N. Willow	(909) 820-2525 <i>Ext. 2333</i>	<ul style="list-style-type: none"> <li>● Car seat loans for up to 3 months to Rialto residents</li> <li>● Must show valid CA drivers license</li> <li>● No cost</li> </ul>
<b>San Bernardino</b> 92415	Child Safety Seat Program San Bernardino County Public Health 120 Carousel Mall	(909) 388-0400 1-800-722-3578 (909) 388-0400	<ul style="list-style-type: none"> <li>● Car seats available for purchase at a low cost for eligible for low income individuals residing in San Bernardino County; cash or money order only</li> <li>● Violator class - \$35 to attend, cash only</li> </ul>
92408	Inland Empire Health Plan (IEHP) 303 W. Vanderbilt Way, Suite 400	1-800-224-4347	<ul style="list-style-type: none"> <li>● Car seats available only to members of the health plan</li> <li>● 45 minute presentation with video and demonstration shown to assist with proper use and installation of car seat</li> <li>● Members only, child age 12 months and under and pregnant women</li> </ul>







# Child and Elderly Abuse, Sexual Abuse, and Domestic Violence

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	Adult Protective Services (Elderly Abuse)	1-877-565-2020 <i>county hotline</i> (909) 891-9019 <i>San Bernardino</i> (909) 458-1315 <i>Ontario</i> (760) 843-5100 <i>Desert</i> (760) 256-5544 <i>Barstow</i>	<ul style="list-style-type: none"> <li>● Investigation of physical, mental, or financial abuse of the elderly</li> <li>● Social workers evaluation of referrals for counseling</li> <li>● Housing resources</li> <li>● In-home supportive services for the disabled</li> </ul>
	Child Protection Services 128 Carousel Mall San Bernardino	(909) 388-1900 (909) 384-9233 <i>(abuse hotline)</i> 1-800-827-8724 <i>(24 hr hotline)</i>	<ul style="list-style-type: none"> <li>● Investigation of child abuse/neglect</li> <li>● Social workers evaluation for referral to shelter, counseling and parenting classes</li> </ul>
<b>Barstow</b> 92311	San Bernardino County Dept. of Children's Services 170 N. Yucca Ave.	(760) 255-5400	<ul style="list-style-type: none"> <li>● Child Protective Services</li> </ul>
92311	Vista Guidance Centers 309 E. Mt View	(760) 256-0376	<ul style="list-style-type: none"> <li>● Anger management classes</li> <li>● Classes offered: domestic violence, marriage and family counseling</li> <li>● Sex offenders' group</li> <li>● Fee on sliding scale; based on income</li> <li>● Substance abuse counseling</li> <li>● Parenting classes</li> </ul>
92312	Haley House P.O. Box 1781  Outreach Program Desert Sanctuary 703 E. Main St.	(760) 256-3441 <i>(24 hr hotline)</i>  (760) 256-3733	<ul style="list-style-type: none"> <li>● Battered Women's Shelter</li> <li>● No walk-ins</li> <li>● Call to make arrangements; no fee, boys up to 12, girls to age 18 accepted. 30 days stay; (Extension based on need)</li> <li>● Counseling/support group</li> <li>● Children's program</li> <li>● Legal aid</li> <li>● Immigration, sexual assault and emergency assistance</li> </ul>
<b>All Cities</b>	<b>"211"</b> Inland Empire United Way	1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5	<b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Child and Elderly Abuse, Sexual Abuse, and Domestic Violence</b>			
<b>Big Bear Lake</b> 92315	Lutheran Social Services P.O. Box 1927 41945 Big Bear Rd. Suite 200	(909) 866-5070	<ul style="list-style-type: none"> <li>● Counseling, support groups and therapy for families affected by child abuse</li> <li>● Parenting, anger management and domestic violence classes</li> <li>● Employment preparation</li> <li>● Wellness group for terminal diagnosis</li> <li>● Suicide prevention/crisis intervention</li> </ul>
	92315 D.O.V.E.S. of Big Bear Valley, Inc. P.O. Box 3646	1-800-851-7601 (24 hr. hotline) (909) 866-1547 (office)	<ul style="list-style-type: none"> <li>● Battered women's shelter (physical &amp; emotional)</li> <li>● Legal advocates available</li> <li>● Long term therapy</li> <li>● Counseling for women and children</li> <li>● Support groups</li> <li>● Education for independent living</li> <li>● Domestic violence outreach education and services</li> <li>● Weekly counseling for outpatients</li> <li>● Supervised visitation</li> </ul>
<b>Claremont</b> 91711	House of Ruth P.O. Box 459	909) 988-5559 (24 hr. hotline) (909) 623-4364 (Outreach hotline)  age 18 accepted	<ul style="list-style-type: none"> <li>● Battered Women's Shelter</li> <li>● Will accept substance abusing clients-30 days sober</li> <li>● Counseling</li> <li>● Girls up to age 18 and boys up to</li> <li>● 30-day stay (extension may be granted))</li> <li>● Violence witness treatment program for children</li> <li>● Counseling/support groups</li> <li>● Advocacy-goal planning</li> <li>● Restraining order clinic</li> <li>● English and Spanish support group</li> </ul>
	91711 Project SISTER P.O. Box 1390	(909) 626-4357 (626) 966-4155 (hotlines)  <a href="http://www.projectsister.org">www.projectsister.org</a> (909) 623-1619 (626) 915-2535 (offices)	<ul style="list-style-type: none"> <li>● 24 hour hotline</li> <li>● Rape counseling individual, and group</li> <li>● Prevention and education</li> <li>● Self-defense classes</li> </ul>



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Child and Elderly Abuse, Sexual Abuse, and Domestic Violence</b>			
<b>Joshua Tree</b> 92252	Morongo Basin Unity Home P.O. Box 1662	(760) 366-9663	<ul style="list-style-type: none"> <li>● Shelter for battered women</li> <li>● Accept substance abusing clients if domestic violence involved</li> <li>● 60-day stay</li> <li>● Individual counseling/support groups</li> <li>● Education and referrals</li> <li>● Restraining orders &amp; court support</li> <li>● Parenting classes</li> <li>● Women self esteem groups</li> <li>● Teen support groups</li> <li>● Anger management classes</li> <li>● Walk-ins welcome</li> </ul>
	92252 6448 Hallee Rd. Lutheran Social Services Unit 8	(760) 366-1180	<ul style="list-style-type: none"> <li>● Counseling, support groups and therapy for families affected by child abuse</li> <li>● Parenting, anger management and domestic violence classes</li> </ul>
<b>Ridgecrest</b> 93556 Kern County	High Desert Child Abuse Prevention	(760) 375-7100 <i>(hotline for reporting)</i>	<ul style="list-style-type: none"> <li>● Children self-help project</li> <li>● Information and referral helpline</li> </ul>
	Women's Shelter Network	(760) 375-7525	<ul style="list-style-type: none"> <li>● Battered women's shelter</li> </ul>
	S A R T	(760) 375-0745	<ul style="list-style-type: none"> <li>● Sexual Assault Response Team</li> </ul>
<b>San Bernardino</b> 92404	Option House P.O. Box 970	(909) 381-3471 <i>(24 hour hotline)</i>	<ul style="list-style-type: none"> <li>● Battered Women's Shelter</li> <li>● Priority given to battered women in immediate danger</li> <li>● Legal services, temporary restraining orders</li> <li>● Must go through intake process</li> <li>● Girls up to age 16 and boys up to age 11 years accepted</li> <li>● 45-60 day stay extensions granted</li> <li>● Temporary crisis intervention services</li> <li>● Counseling/support groups</li> <li>● Parenting, nutrition, budgeting classes</li> <li>● On-going support group after leaving</li> </ul>
	92401 Outreach Center 88 N. Arrowhead	(909) 885-8884 <i>National Hotline</i> 1-800-656-4673	<ul style="list-style-type: none"> <li>● Free counseling</li> <li>● Community education</li> <li>● 24-hour rape crisis hotline</li> </ul>

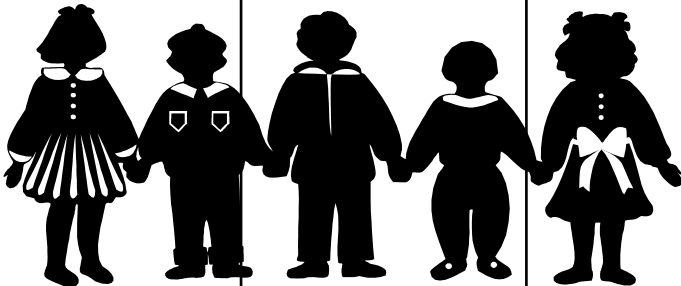
CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Child and Elderly Abuse, Sexual Abuse, and Domestic Violence</b>			
<b>All Cities</b>	Child Protection Services 128 Carousel Mall San Bernar ino, 92401	(909) 388-1900 (909) 384-9233 <i>(abuse hotline)</i> 1-800-827-8724 <i>(24 hr hotline)</i>	<ul style="list-style-type: none"> <li>● Investigation of child abuse/neglect</li> <li>● Social workers evaluation for referral to shelter, counseling and parenting classes</li> </ul>
	9638 7 <sup>th</sup> St. Rancho Cucamonga, 91730	909-945-3762	
	170 Yucca Ave Barstow, 92311	760-255-5400	
	56311 Pima Trail Yucca Valley, 92284	760-228-5300	
	15480 Ramona Victorville, 92392	760-243-6640	
<b>Victorville</b> 92392	High Desert Domestic Violence Program 17100-B Bear Valley Road Suite 284	(760) 843-0701 (760) 949-4357 <i>(24 hour hotline)</i>	<ul style="list-style-type: none"> <li>● Battered women's shelter</li> <li>● 45-day stay (donations accepted)</li> <li>● Education and parenting classes</li> <li>● Counseling and referrals</li> <li>● Legal advocacy</li> <li>● Peer support groups</li> <li>● Will not accept women with substance abuse problems</li> <li>● Professional counseling</li> <li>● Spanish speaking support groups</li> <li>● Cal Works advocate</li> </ul>
92393	Victor Valley Domestic Violence Program "A Better Way" P.O. Box 2825	(760) 955-8010 <i>(office)</i> (760) 955-8723 <i>(24 hour hotline)</i>	<ul style="list-style-type: none"> <li>● Battered women's Shelter</li> <li>● Accept all women victims of domestic violence (does not discriminate; pregnant or substance abusing accepted)</li> <li>● 90-day stay 9accepted donations), transitional housing available</li> <li>● Counseling/support group</li> <li>● Education classes</li> <li>● Restraining orders</li> <li>● Provide childcare</li> </ul>



# Child Care Services and After School Programs



<b>All Cities</b>	Volunteers of America Early Head Start Programs San Bernardino, Colton, Rialto, Highland	909-888-4577	<ul style="list-style-type: none"> <li>● Infant Toodler 0-3 Years</li> <li>● Pregnant Women, working parent or in school parent</li> <li>● Free Program (income scale)</li> </ul>
<b>Fontana</b> 92335	Transitional Assistance Childcare Program 7977 Sierra Avenue	(909) 356-3216 (leave message on machine)	<ul style="list-style-type: none"> <li>● Subsidized childcare for people who are working or going to school</li> <li>● Must meet income requirements</li> </ul>
<b>Pomona</b> 91767	Pomona Unified School District Child Development Program 1460 E. Holt Avenue Suite 130	1-800-822-5777 (909) 397-4740	<ul style="list-style-type: none"> <li>● Offers various state and federally funded programs that assist with payment of care</li> <li>● Subsidized childcare available for children from birth to 12 years old</li> <li>● Must meet income requirements</li> <li>● Resources and referral</li> <li>● Programs for children with special needs</li> </ul>
<b>San Bernardino</b> 92401	San Bernardino City Schools Child Development Program 303 S. "K" Street	(909) 388-6307	<ul style="list-style-type: none"> <li>● Childcare for the public and San Bernardino City School students with children birth to 5 years</li> <li>● Must work or be in school</li> <li>● Must meet income requirements</li> </ul>
92405	The Family Focus Center 1931 North "E" Street	(909) 881-5597 (909) 881-5468	<ul style="list-style-type: none"> <li>● Free after school program: 4 days mentoring and tutoring</li> <li>● Health and nutrition education</li> <li>● Short term drug &amp; school counseling</li> <li>● Opportunity to fulfill community service</li> <li>● Career development, job training and computer lab</li> <li>● Reading and literacy programs</li> <li>● Late night Hoops program</li> <li>● Diabetes health class</li> </ul>

<b>All Cities</b>	<b>"211"</b> Inland Empire United Way	1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5	<b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...
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CITY	AGENCY	PHONE	SERVICES PROVIDED
Child Care Services and After School Programs			
<b>San Bernardino</b> 92411	Casa Ramona Child Development Center 1524 W. 7 <sup>th</sup> Street	(909) 889-0011	<ul style="list-style-type: none"> <li>• Must be in school or working to qualify</li> <li>• Must meet income requirements</li> <li>• Daycare for children 2 years 9 months - 4 years old</li> <li>• Full and part day program</li> <li>• Serve breakfast, lunch and snacks</li> </ul>
92404	SB City Unified School District Creative Before & After School Programs for Success (CAPS) 2204 Sunrise Lane Suite A-1	909-880-6843	<ul style="list-style-type: none"> <li>• 23 schools in the district offers a free before and after school program</li> <li>• Homework support</li> <li>• Computer lab &amp; tech. experience</li> <li>• Tutoring and literacy development</li> <li>• Academic &amp; athletic games &amp; activities</li> <li>• Arts and crafts activities</li> <li>• Nutritious snacks</li> <li>• Drama, music and dance activities</li> </ul>
92401	Girl Scouts San Gorgonio Council	800 400-4475 <i>Ext. 255</i>	<ul style="list-style-type: none"> <li>• Club and Camp program</li> <li>• Resident and family program</li> </ul>
	Camp Fire-San Andreas Council 536 W. 11 <sup>th</sup> Street Suite A	(909) 885-6521	<ul style="list-style-type: none"> <li>• Baseball program</li> <li>• Child Day Camp</li> <li>• Educational Programs</li> <li>• Club program</li> </ul>
92408	San Bernardino County Superintendent of Schools Child Development Services 144 N. Mountain View	(909) 384-1492 1-800-722-1091	<ul style="list-style-type: none"> <li>• Subsidized childcare for people working, attending school or looking for employment</li> <li>• Must meet income requirements</li> <li>• Referrals to licensed childcare providers birth to 17 years</li> </ul>
<b>Victorville</b> 92392	Kids and Care 16519 Victor St. Suite 401	(760) 245-1033	
			



# Consumer Protection and Safety

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	National Council Against Health Fraud  	(978) 532-9383	<ul style="list-style-type: none"> <li>• Aid and information to victims of quackery</li> <li>• Investigation and prosecution of health fraud</li> <li>• Expert witnesses</li> <li>• No Fee</li> </ul>
	Better Business Bureau 315 N. La Cadena Drive Colton, CA. 92324 Mailing Address: P.O. Box 970, Colton	(909) 825-7280 (909) 825-0490 (909) 825-6246 <i>Fax</i>	<ul style="list-style-type: none"> <li>• Investigate consumer complaints against businesses</li> <li>• Arbitration services</li> <li>• Issue reports on companies</li> <li>• Mediate complaints</li> <li>• No Fee if company's a member</li> </ul>
	National Lead Poisoning Prevention National Safety Council and Environmental Protection Agency	1-800-532-3394 (Recorded Info) 1-800-424-5323 <i>(Technical Assistance)</i>	<ul style="list-style-type: none"> <li>• Lead poisoning prevention information</li> <li>• List of state and local agencies.</li> <li>• No Fee</li> </ul>
	American Red Cross 16248 Desert Knoll Drive Victorville, CA. 92392	(760) 245-6511	<ul style="list-style-type: none"> <li>• Disaster services</li> <li>• Military emergency services, health and safety services</li> </ul>
			

**All Cities**

**"211"**

Inland Empire United Way

1888-HELPLNK

1888-435-7565  
STARTING SEPT 2006  
AVAILABLE M-F 8-5


**Where to Turn to find no or low cost help for:**

Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...



# Counseling Services



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	<p>American Cancer Society 1240 Palmyrta Ave. Suite A Riverside, CA 92507</p> 	<p>(909) 683-6415 <i>Ext. 209</i>  1-800-227-2345</p>	<ul style="list-style-type: none"> <li>● Referrals for cancer patients and their families</li> <li>● Support groups (no fee)</li> <li>● Look Good, Feel Better Program</li> <li>● Free wigs</li> <li>● Reach to Recovery Program</li> <li>● One-on-one support for breast cancer patients</li> <li>● "I Can Cope" Educational Support Program</li> <li>● Transportation services</li> <li>● Source of information relating to any cancer</li> </ul>
<b>Big Bear Lake</b> 92315	<p>Lutheran Social Services Family Counseling Center 41945 Big Bear Blvd. Suite 222 <i>Mailing Address:</i> PO Box 6245</p>	(909) 866-5721	<ul style="list-style-type: none"> <li>● Individual &amp; family counseling service</li> <li>● Outpatient mental health counseling</li> <li>● Prevention programs for schools and community</li> <li>● Medi-Cal, Medicare, Healthy Families</li> </ul>
<b>Chino</b> 91710	<p>Chino Multiple Dual Diagnosis Clinic 6189 Riverside Drive Suite H</p>	(909) 465-5355	<ul style="list-style-type: none"> <li>● Mental health counseling</li> <li>● Referrals to other agencies</li> <li>● Medi-Cal, sliding fee scale</li> </ul>
<b>Colton</b> 92324	<p>The Family Connection 1090 E. Washington St. Suite B</p>	(909) 370-4250	<ul style="list-style-type: none"> <li>● Licensed marriage, family and child therapist that provides individual or group therapy sessions</li> </ul>
92324	<p>CONREP Clinic - Conditional Release Program 700 E. Gilbert St.</p>	(909) 381-2420	<ul style="list-style-type: none"> <li>● Medi-Cal accepted</li> <li>● Referral system to clinics</li> </ul>
<b>All Cities</b>	<p><b>"211"</b> Inland Empire United Way</p>	<p>1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5</p>	<p><b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...</p>




CITY	AGENCY	PHONE	SERVICES PROVIDED
Counseling Services			
<b>Grand Terrace</b> 92313	Inland Southern California Psychotherapy Assn. <i>Mailing Address:</i> 22797 Barber Road Suite 200	1-800-426-1113 <i>24 Hours</i>	<ul style="list-style-type: none"> <li>● Counseling and referrals to 909, 951, 619, 760 area codes</li> <li>● Private insurance or sliding scale</li> <li>● Hypnosis, lie detection, anger management classes and sex offender counseling and/or support groups available</li> </ul>
<b>Ontario</b> 91762	West End Family Counseling Services 855 N. Euclid	(909) 983-2020 (909) 983-6847 <i>FAX</i>	<ul style="list-style-type: none"> <li>● Individual, group and family counseling</li> <li>● Active parenting classes; how to deal with your children</li> <li>● School based counseling</li> <li>● Medi-Cal and sliding fee scale</li> </ul>
<b>Rancho Cucamonga</b> 91730	Norton-Fisher Child and Family Center 7165 Etiwanda Ave.	(909) 980-3004 (909) 463-3128 <i>FAX</i>	<ul style="list-style-type: none"> <li>● Outpatient mental health services throughout the county</li> <li>● Call for local clinic</li> <li>● Medi-Cal, sliding fee scale</li> <li>● Alcohol and drug service</li> <li>● Perinatal services for substance abusing mothers</li> </ul>
<b>Rialto</b> 92376	SB County Behavioral Health Resource Center 850 E. Foothill Blvd.	(909) 421-9200	<ul style="list-style-type: none"> <li>● Student trainees provide counseling for adults and couples</li> <li>● No drug, alcohol or child counseling</li> <li>● \$10.00 or sliding fee scale</li> <li>● Referrals to other agencies if beyond scope of student counselor</li> </ul>
<b>San Bernardino</b> 92407	Community Counseling Center Psychology Dept., California State  5500 University Pkwy.	(909) 537-5040 <i>(CSUSB students)</i> (909) 547-5569 <i>(community)</i>	<ul style="list-style-type: none"> <li>● Counseling for anger management and anxiety</li> <li>● Counseling and referrals for chronically mentally ill adults and children</li> <li>● Some individual counseling but mostly group</li> <li>● Medi-Cal or sliding fee scale</li> </ul>
<b>Victorville</b> 92392	Victor Valley Behavioral Center 12625 Hesperia Road	(760) 955-1777	<ul style="list-style-type: none"> <li>● Mental health counseling adults, children and families</li> <li>● Psychological testing &amp; evaluations</li> <li>● Referrals to other agencies</li> <li>● Adult therapy &amp; educational life skill group</li> <li>● Medication assessment</li> <li>● Case management</li> <li>● Medi-Cal, sliding fee scale, some private insurance accepted</li> </ul>
<b>Yucca Valley</b> 92284	Morongo Basin Counseling and Recovery Center 55475 Santa Fe Trail	(760) 365-3022 (760) 365-3515 <i>Fax</i>	

# Dental Care





CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	Beneficiaries Services (Denti-Cal) 7667 Folsom Blvd. Sacramento, CA 95852 <i>Mailing Address:</i> P.O. Box 15539 Sacramento, CA 95852-1539	1-800-322-6384 <i>Automated Voice System</i>	<ul style="list-style-type: none"> <li>● Referral to local dentists that accept Medi-Cal</li> <li>● Assist with dental rights of clients that have been denied service</li> <li>● Full dental coverage</li> <li>● Accepts Medi-Cal only</li> </ul>
<b>Colton</b> 92324	Tri - County Dental Society 952 S Mt. Vernon Ave. Suite A	1-800-287-8237	<ul style="list-style-type: none"> <li>● Referrals to local dentists and low income dental clinics</li> <li>● Free dental clinic on Saturdays</li> <li>● Dental education for schools</li> <li>● No fee for referrals</li> </ul>
<b>Etiwanda</b> <b>Montclair</b> <b>Ontario</b> <b>Rancho Cucamonga</b> <b>Upland</b>	Assistance League of Upland 8593 Archibald Avenue Rancho Cucamonga, 91730	(909) 920-4766	<ul style="list-style-type: none"> <li>● General dentistry for students that reside in Etiwanda</li> <li>● Students K-8th grade with no insurance</li> <li>● Must be referred by school nurse</li> <li>● \$5 child visit</li> </ul>
<b>Loma Linda</b> 92350	Loma Linda University School of Dentistry Prince Hall 11092 Anderson	(909) 558-4222 <i>emergency</i> (909) 558- 4689 <i>Age 3 - 15 Years</i>  (909) 558-4675 <i>Age 15 Years or Older</i>	<ul style="list-style-type: none"> <li>● General dentistry and urgent care</li> <li>● \$35-\$117 fee, Medi-Cal or private insurance</li> <li>● Care provided by dental students</li> </ul>
<b>Mentone</b> 92359	Healthy Start Family Resource Center 1320 Crafton Avenue	(909) 794-7753	<ul style="list-style-type: none"> <li>● Hours: Mon- Fri 8-3</li> <li>● Referrals to dental clinics</li> </ul>

CITY	AGENCY	PHONE	SERVICES PROVIDED
Dental Care			
<b>Rancho Cucamonga</b> 91730	Assistance League of Foothill Communities 8593 Archibald Ave.  	(909) 987-2813	<ul style="list-style-type: none"> <li>● General dentistry for students that reside in Alta Loma, Montclair, Upland, Ontario and Rancho Cucamonga</li> <li>● Students K - 8th grade with either no insurance or low income may qualify</li> <li>● Referrals made only through school nurse</li> <li>● Sliding fee scale accepted but not Medi-Cal</li> <li>● Do not call directly. Appointment to be set up by school nurse</li> </ul>
<b>Redlands</b> 92374	Assistance League of Redlands Dental Center 506 W. Colton Avenue	(909) 792-9430	<ul style="list-style-type: none"> <li>● General dentistry for Redlands students without insurance</li> <li>● \$2 - \$20, sliding fee scale</li> </ul>
92374	Redlands Dental Surgery Clinic 1180 Nevada Street	(909) 335-0474	<ul style="list-style-type: none"> <li>● For high-risk children and adults</li> <li>● Med-Cal accepted</li> </ul>
<b>San Bernardino</b> 92410	San Bernardino City Schools Children's Dental Health Center 580 W. 6 <sup>th</sup> Street	(909) 885-2045	<ul style="list-style-type: none"> <li>● General dentistry for students of SB Unified School District</li> <li>● Must be low income, not on Medi-Cal or insurance</li> <li>● Or \$25 visit</li> </ul>
92408	SAC Health System - Dental Clinic 1455 E. 3 <sup>rd</sup> Street	(909) 382-7120	<ul style="list-style-type: none"> <li>● Sliding fee schedule</li> <li>● Ability to pay, Medi-Cal, private insurance</li> </ul>
92415	C - TAP Child Health and Disability Prevention Program 120 Carousel Mall	1-800-722-3777 (909) 388-0400	<ul style="list-style-type: none"> <li>● Reimbursement to providers for dental service to children 19 years old with severe dental condition</li> <li>● Patient must meet income requirements</li> <li>● Patient must be referred from a CHDP provider</li> </ul>


# Drug and Alcohol Abuse



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	Alanon Family and Friends of Alcoholics	(909) 824-1516	<ul style="list-style-type: none"> <li>• Alanon, AlaTeen, Alatot</li> </ul>
	Alcohol and Drug Services-Administration San Bernardino County Dept. of Behavioral Health	(909) 387-0480 (909) 387-0475 FAX 1 (800) 735-2929 For Hearing/Speech Impaired Services	<ul style="list-style-type: none"> <li>• Provides referrals to Alcohol &amp; Drug Treatment Services within San Bernardino County for all ages and gender</li> </ul>
	Alano Club 11085 Central Road Victorville, CA 92308	(760) 247-8528	<ul style="list-style-type: none"> <li>• Meeting rooms available for a fee</li> <li>• No fee for people who participate in the program</li> </ul>
<b>Big Bear Lake</b> 92315	Operation Breakthrough Inc. P.O. Box 6445	(909) 866-5437 clinic	<ul style="list-style-type: none"> <li>• Outpatient counseling and group therapy for alcohol and drug abuse</li> <li>• Sliding fee scale</li> <li>• Drug court</li> <li>• Adolescents and family counseling</li> <li>• Co-occurring disabilities</li> <li>• DEJ, DUI, Prop 36, &amp; EAP programs</li> </ul>
<b>Bloomington</b> 92316	Social Science Services Inc. Cedar House 18612 Santa Ana Avenue	(909) 421-7120  	<ul style="list-style-type: none"> <li>• Inpatient and outpatient treatment of alcohol and drug abuse</li> <li>• 12 Step program</li> <li>• Must be 18 years or older</li> <li>• Program for women with children</li> <li>• Set fee, county funded</li> <li>• 125 beds available</li> <li>• Drunk driver program</li> <li>• Treatment for male or female</li> <li>• Treat dually diagnosed clients</li> </ul>
<b>Chino</b> 91710	Office of Alcohol and Drug Programs, Chino Multiple Diagnosis Clinic 6180 Riverside Drive Suite H	(909) 590-5355	<ul style="list-style-type: none"> <li>• Outpatient treatment of alcohol and drug abuse</li> <li>• Medi-Cal, Medi-Care, sliding fee scale</li> <li>• Mental Health - associated with drug and alcohol</li> <li>• Children psychiatric care</li> </ul>
<b>All Cities</b>	<b>"211"</b> Inland Empire United Way	1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5	<b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...

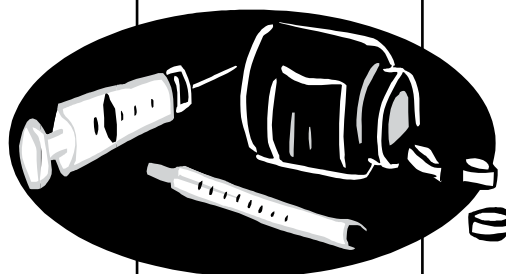
CITY	AGENCY	PHONE	SERVICES PROVIDED
Drug and Alcohol Abuse			
<b>Chino</b> 91710	City of Chino Community Services Department Human Services Division	(909) 591-9822	<ul style="list-style-type: none"> <li>● Court mandated aversion or drug and alcohol prevention for schools</li> <li>● Tobacco prevention</li> <li>● Family counseling</li> </ul>
91710	Jericho Outreach Inc. PO Box 964 Men's House 5151 "F" St.	(909) 591-1465 <i>Administration</i>  ((909) 613-1495 <i>across from Men's house</i>	<ul style="list-style-type: none"> <li>● Inpatient 6-month treatment program for drug &amp; alcohol abuse</li> <li>● Must be 18 years or older</li> <li>● Private pay - \$1000 per month</li> </ul>
<b>Colton</b> 92324	Colton Friendship Club for Alcoholics Anonymous <i>Mailing Address:</i> 851 S. Mt. Vernon Ave Suite 1	(909) 825-4700 <i>Central Office</i>	<ul style="list-style-type: none"> <li>● Assistance to anyone with alcohol problem</li> <li>● No fee</li> </ul>
92324	Western Clinics Health Services (WCHS) - Inland Health Services (HIS) 2275 E. Cooley Drive	(909) 370-1777  (909) 370-1776 <i>Fax</i>	<ul style="list-style-type: none"> <li>● Methadone treatment and counseling for heroin addiction</li> <li>● Medi - Cal, sliding fee scale</li> </ul>
<b>Fontana</b> 92335	Merrill Community Services, Inc. 8627 Wheeler Ave.	(909) 823-0609 (909) 823-0600 (909) 823-4187 <i>Fax</i>	<ul style="list-style-type: none"> <li>● Outpatient counseling for youth alcohol and drug abuse</li> <li>● Medi-Cal or sliding fee scale</li> <li>● PC 1000 drug aversion</li> </ul>
<b>Hesperia</b> 92345	Victorville Perinatal Substance Abuse Treatment Program 11951 Hesperia Rd.	(760) 956-6780	<ul style="list-style-type: none"> <li>● Outpatient counseling for substance abusing women who are pregnant or have children</li> <li>● Medi - Cal or sliding fee scale</li> <li>● Child care and transportation</li> </ul>
<b>Joshua Tree</b> 92252	Panorama Ranch Men and Women 65675 Sullivan Rd. <i>Mailing Address:</i> P.O. Box 335	(760) 366-9100 <i>Inpatient</i>	<ul style="list-style-type: none"> <li>● 90 day inpatient for alcohol and drug dependency</li> <li>● Accept referrals</li> <li>● Cal Works, CPS, private pay</li> <li>● Outpatient services for adults and adolescent</li> </ul>
			

CITY	AGENCY	PHONE	SERVICES PROVIDED
Drug and Alcohol Abuse			
<b>Needles</b> 92363	San Bernardino County Dept. of Behavioral Health	(760) 326-9260 <i>(Main)</i> (760) 326-9313 <i>(Behavioral Health)</i> (760) 326-9328 <i>(CAPS)</i> (760) 326- 9275 <i>(CPS)</i> (760) 326-9289	<ul style="list-style-type: none"> <li>● Eligibility office for food stamps</li> <li>● Job assistance</li> <li>● In homes services</li> <li>● CPS</li> <li>● Behavioral Assistance</li> </ul>
<b>Ontario</b> 91762	Bilingual Family Counseling Services 317 W."F" Street	(909) 986-7111	<ul style="list-style-type: none"> <li>● Outpatient counseling for drug and alcohol</li> <li>● Bilingual counseling of individual, group, teen and parent</li> <li>● Free Assessment, sliding fee scale</li> <li>● Medi-Cal for groups only</li> <li>● Prop 36</li> </ul>
<b>Pomona</b> 91766	Inland Valley Drug & Alcohol Recovery Services 375 S. Main Street Suite 111	(909) 622-7311	<ul style="list-style-type: none"> <li>● Domestic violence counseling for batterers, not victims</li> <li>● Males only</li> <li>● DUI for first of second offenders</li> </ul>
<b>Rancho Cucamonga</b> 91730	Alcoholics Anonymous AlaNon Club 10980 Arrow Route Suite 107 - 108	(909) 941-9031	<ul style="list-style-type: none"> <li>● Meeting rooms available</li> <li>● No fee</li> </ul>
91730	Matrix Institute on Addictions 9375 Archibald Avenue Suite 204	1-800-8-Matrix <i>Toll Free Hotline</i>  (909) 989-9724	<ul style="list-style-type: none"> <li>● Outpatient treatment of chemical dependence</li> <li>● 14 years old or older</li> <li>● Sliding fee scale and Medi-Cal</li> <li>● Treat all substances</li> </ul>
<b>Redlands</b> 92374	Vista Guidance Center  1323 W. Colton Avenue Suite 215 <i>Mailing Address:</i> P.O. Box 7369	(909) 335-7067 <i>Administration</i>  (909) 792-5552	<ul style="list-style-type: none"> <li>● Outpatient treatment for drug and alcohol abuse</li> <li>● Sliding fee scale or Medi-Cal</li> <li>● Mental health clinic</li> </ul>


CITY	AGENCY	PHONE	SERVICES PROVIDED
Drug and Alcohol Abuse			
San Bernardino 92408	Salvation Army Adult Drug and Alcohol Rehab 363 S. Doolittle Rd.	(909) 889-9605 <i>Ext. 144</i>	<ul style="list-style-type: none"> <li>● Inpatient treatment for counseling and process groups, anger management</li> <li>● Alanon meetings for families</li> <li>● \$100 per week for Disability or SSI, otherwise free</li> <li>● Inpatient treatment for substance abusing women over the age of 18</li> <li>● N.A. meetings, parenting classes and vocational rehab</li> <li>● Must be SB County resident</li> <li>● \$1.00 per day, sliding fee scale</li> </ul>
92401	Casa de San Bernardino 735 N. "D" Street	(909) 381-5507 (800) 262-2463  <i>Toll Free</i>	<ul style="list-style-type: none"> <li>● Outpatient treatment for substance abuse for adolescent 14 to 21 years old</li> <li>● Drug diversion PC1000 program</li> <li>● Sliding fee scale or Medi-Cal</li> </ul>
92401	HASE and Associates System Inc. 353 W. 6 <sup>th</sup> St.	(909) 888-0149	<ul style="list-style-type: none"> <li>● Outpatient intensive treatment for alcohol and drugs</li> <li>● DUI program</li> <li>● Community outreach</li> <li>● Domestic Violence programs</li> <li>● Fee based on treatment</li> <li>● Anger management programs</li> <li>● Parenting classes</li> </ul>
92405	Inland Behavioral Services Inc 1963 N. "E" St.	(909) 881-6146	<p><i>Mental health center:</i></p> <ul style="list-style-type: none"> <li>● (WE) Wholeness &amp; Enrichment center</li> <li>● Outpatient drug treatment program</li> <li>● Community health care services</li> <li>● School drug prevention program</li> <li>● PC 1000, teen counseling, alcohol counseling</li> <li>● Perinatal treatment program</li> <li>● Sliding fee scale private insurance, cash or Medi-Cal</li> </ul>
			

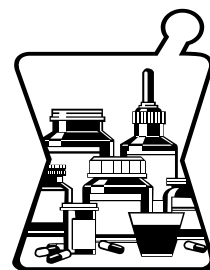


CITY	AGENCY	PHONE	SERVICES PROVIDED
Drug and Alcohol Abuse			
San Bernardino 92401	Rolling Start Inc. 570 W. 4th St. Suite 103	(909) 884-2129 (909) 884-7396 <i>TDD</i>	<ul style="list-style-type: none"> <li>● Assistance advocacy</li> <li>● Assistance and SSI applications</li> <li>● Drug and alcohol support groups</li> <li>● Referrals to inpatient programs</li> <li>● Social and communication skills development</li> <li>● Housing assistance</li> <li>● Personal attendant referrals</li> </ul>
	New House Inc. 840 N. Arrowhead Ave.	(909) 881-0390 (909) 889-4330	<ul style="list-style-type: none"> <li>● Residential substance abuse program for men and women men with children and women with children</li> <li>● Pregnant women and children up to age 12 accepted</li> <li>● 12-step program</li> <li>● Sliding fee scale</li> <li>● Family program &amp; couples program</li> </ul>
	VARP, Inc. / Gibson House for <b>Men</b> 1100 N. "D" St.	(909) 884-0840 <i>Men</i>	<ul style="list-style-type: none"> <li>● 60 - 90 days inpatient alcohol treatment program</li> <li>● Inpatient aftercare treatment for up to 90 days</li> </ul>
	VARP, Inc. / Gibson House for <b>Women</b> 1135 N. "D" St.	(909) 888-6956 <i>Women</i>	<ul style="list-style-type: none"> <li>● Sliding fee scale, minimum cost of \$3 a day</li> </ul>






CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Drug and Alcohol Abuse</b>			
<b>Sky Forest</b> 92385	RIM Family Services 28545 Highway 18 <i>Mailing Address:</i> P.O. Box 578	(909) 336-1800 <i>Fax</i> (909) 336-0990	<ul style="list-style-type: none"> <li>● Outpatient treatment of substance abusing teens and adults</li> <li>● Employee assistance program</li> <li>● Eating disorder and parenting support groups</li> <li>● Women's counseling and family and individual counseling</li> <li>● Crisis counseling</li> <li>● Court ordered DUI &amp; drug aversion</li> <li>● Medi-Cal, private insurance or sliding fee scale</li> <li>● Anger management classes</li> </ul>
<b>Upland</b> 91786	Reach Out West End, Inc. 1126 W. Foothill Blvd. Suite 130	(909) 982-8641	<ul style="list-style-type: none"> <li>● Drug and alcohol prevention</li> <li>● Services for school districts</li> <li>● PC 1000 drug diversion,</li> <li>● No fee</li> </ul>
91786	The Recovery Center 934 N. Mountain Ave. Suite A and B	(909) 949-4667	<ul style="list-style-type: none"> <li>● Substance abuse groups for adults</li> <li>● Outpatient treatment for anyone who wants help with an addiction</li> <li>● Parenting classes</li> <li>● Domestic violence for perpetrators - \$50 for intake</li> <li>● Anger management, - \$40 for intake</li> <li>● After care on Fridays</li> <li>● Family group on Mondays</li> <li>● Substance abuse accepts insurance, prop 36, private pay</li> <li>● Youth program</li> <li>● Parenting classes</li> </ul>
			

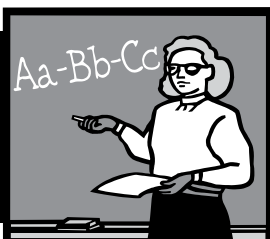




# Education and Schools

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	Options for Youth (OFY)	(626) 685- 9300	<ul style="list-style-type: none"> <li>• Serves the at risk population by instruction through independent study</li> <li>• Works towards high school diploma</li> <li>• Independent study</li> <li>• Extracurricular activities, including dances, sports programs, graduation, and grad night</li> </ul>
<b>Barstow</b> 92311	Barstow Teen Mothers Program 405 N. 2 <sup>nd</sup> Avenue Room 18	(760) 256-5848	<ul style="list-style-type: none"> <li>• Middle or high school students</li> <li>• Prenatal, parenting and Lamaze classes</li> <li>• Earn credits to transfer to a continuation or high school</li> <li>• Job training, no fee</li> </ul>
<b>Chino</b> 91710	Buena Vista High School for Pregnant Teens 13509 Ramona Avenue	(909) 628-9903	<ul style="list-style-type: none"> <li>• Continuation of high school for pregnant teens</li> <li>• Work towards diploma or GED</li> <li>• Parenting and child development classes</li> <li>• Referred from home school in Chino district</li> <li>• No fee</li> </ul>
<b>Colton</b> 92324	SHU - Business and Education Institute 254 East "E" Street	(909) 824-5350 (909) 824-1897 <i>Fax</i>	<ul style="list-style-type: none"> <li>• Adult basic education, ESL, GED</li> <li>• Childcare on - site</li> <li>• Must be low income</li> <li>• No fee</li> <li>• High School diploma program (16 years and up)</li> </ul>
<b>Hesperia</b> 92345	Options for Youth (OFY) 1555 Main St. Suite D7	(760) 948-3355	<ul style="list-style-type: none"> <li>• Serves drop-out population by instruction through independent study</li> <li>• Work towards high school diploma</li> <li>• Home School</li> </ul>

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Education and Schools</b>			
<b>Ontario</b> 91764	Valley View High School for Pregnant Teens 1801 E. 6 <sup>th</sup> Street	(909) 985-0966	<ul style="list-style-type: none"> <li>• Continuation school for pregnant teens with infants</li> <li>• Referred by home school in the Chaffey district</li> <li>• Work towards diploma or GED</li> <li>• Parenting and childcare classes</li> <li>• No fee</li> </ul>
<b>Patton</b> 92369	California Conservation Corps (CCC), Inland Empire 3102 E. Highland  <i>Mailing Address:</i> P.O. Box 901	(909) 862-3600  	<ul style="list-style-type: none"> <li>• Work training program for CA residents, 18-23 years old</li> <li>• Earn money and work towards diploma or GED</li> <li>• Learn conservation, career, and job seeking skills</li> <li>• No fee to apply</li> </ul>
<b>San Bernardino</b> 92411	Provisional Accelerated Learning (PAL) Center 2450 W. Blake Street <i>Mailing Address:</i> P.O. Box 7100	(909) 887-7002	<ul style="list-style-type: none"> <li>• Work toward diploma or GED</li> <li>• Job training and placement for ages 19 to 21</li> <li>• No fee</li> </ul>
92346	San Andreas High School San Bernardino City Schools Pregnant Minor Program Learning Center 3232 Pacific Street	(909) 388-6221 <i>Extension 240</i>	<ul style="list-style-type: none"> <li>• Work toward diploma or GED</li> <li>• Job Referrals</li> <li>• No Fee</li> </ul>
92405	San Bernardino Adult School 1200 N. "E" Street	(909) 388-6000	<ul style="list-style-type: none"> <li>• Work toward high school diploma</li> <li>• Vocational classes - prices may vary</li> <li>• 18 years of age or older</li> <li>• No financial aid available</li> </ul>
<b>Victorville</b> 92392	Options for Youth (OFY) 16932 Bear Valley Road  Options for Youth (OFY) 14725 7th Street, Suite 400	(760) 955-5900  (760) 955-5525	<ul style="list-style-type: none"> <li>• Serves drop-out population by instruction through independent study</li> <li>• Work towards high school diploma</li> <li>• Home School</li> </ul>



# English as a Second Language (ESL)

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Apple Valley</b> 92307	Apple Valley Literacy Center Church of the Valley 14933 Wakita Road Or 20700 Standing Road	(760) 247-6494	<ul style="list-style-type: none"> <li>● Reading, writing &amp; speaking English</li> <li>● Day classes only</li> <li>● Anyone who is non-English speaking qualifies</li> <li>● No fee for class; must purchase books</li> <li>● Only on Wednesdays</li> </ul>
<b>Barstow</b> 92311	Barstow Literacy Center Barstow Branch Library 304 E. Buena Vista	(760) 256-4849	<ul style="list-style-type: none"> <li>● Reading, writing &amp; speaking English</li> <li>● 18 years and older</li> <li>● No fee for class, costs of materials are free</li> <li>● Wednesday morning classes</li> <li>● One on one tutoring, small classes</li> </ul>
92311	Barstow College 2700 Barstow Road	(760) 252-2411 <i>Extension 7295</i>	<ul style="list-style-type: none"> <li>● Conversational English classes, 4 levels</li> <li>● \$0 - \$39 based on class</li> </ul>
<b>Blue Jay</b> 92317	Lake Arrowhead Library Mountain Literacy Program 27235 Highway 189	(909) 337-5420	<ul style="list-style-type: none"> <li>● Reading and writing English - adult, primarily for English speakers but no one is turned away</li> <li>● Family literacy program, story time on Saturdays at 10:30 am for 0-5 years</li> <li>● Free child book at story time</li> <li>● One to one tutoring, day and evening classes</li> <li>● Tutors trained through Literacy</li> <li>● Volunteers of America (LVA)</li> <li>● No fee</li> </ul>
<b>Chino</b> 91710	Chino Valley Adult School 5130 Riverside Drive	(909) 628-1201 <i>Extension 1555</i>	<ul style="list-style-type: none"> <li>● Conversational English and citizenship classes</li> <li>● Day and evening classes</li> <li>● No fee</li> </ul>

CITY	AGENCY	PHONE	SERVICES PROVIDED
English as a Second Language (ESL)			
<b>Claremont</b> 91711	Claremont Adult School Claremont USD 2475 Forbes Avenue	(909) 624-6402	<ul style="list-style-type: none"> <li>• Life skills, conversation and English grammar</li> <li>• 18 years and older must be out of school</li> <li>• Day and evening classes</li> <li>• No fee</li> </ul>
<b>Colton</b> 92324	Washington Alternative High School 900 E. "C" Street	(909) 876-4196	<ul style="list-style-type: none"> <li>• Speaking and reading English</li> <li>• 18 years of age or older</li> <li>• Must show residency in district</li> <li>• Day and evening classes</li> <li>• No fee</li> </ul>
92324	Somos Hermanas Unidas 254 E. "E" Street	(909) 824-5350	<ul style="list-style-type: none"> <li>• Preparation for GED. Anyone is eligible, day and evening classes</li> <li>• High school classes and child care</li> <li>• Fee for childcare center</li> <li>• Offers English classes</li> </ul>
92324	Colton Public Library 656 N. Ninth Street	(909) 370-5170	<ul style="list-style-type: none"> <li>• Reading and writing English</li> <li>• Must have basic English speaking skills</li> <li>• One on one tutoring for high school level readers, come in for short interview</li> <li>• Time arranged between tutor and student</li> <li>• No fee</li> </ul>
<b>Fontana</b> 92335	Fontana Adult Center Fontana High School 9453 Citrus Avenue	(909) 357-5500 <i>Extension 6868</i>	<ul style="list-style-type: none"> <li>• For persons who would like to take ESL classes during the day</li> <li>• Class time available: 9-11 am, 3-5 pm, 5-6 pm</li> </ul>
<b>Highland</b> 92346	Highland Branch Library 7167 Baseline	(909) 862-8550	<ul style="list-style-type: none"> <li>• Speaking, reading and writing English for English speakers</li> <li>• Introduction to computer classes</li> <li>• Anyone who can travel to class is eligible</li> <li>• Must have transportation to meet with tutors</li> <li>• Not ESL - for English improvement</li> <li>• One on one tutoring</li> <li>• No fee</li> </ul>



CITY	AGENCY	PHONE	SERVICES PROVIDED
English as a Second Language (ESL)			
<b>Ontario</b> 91761 & 91762	Chaffey Adult School (Various locations throughout Ontario)  211 W. Fifth Street	(909) 983-2010	<ul style="list-style-type: none"> <li>● Speaking and reading English</li> <li>● GED, basic computer classes</li> <li>● Fee for computer classes</li> <li>● Anyone is eligible</li> <li>● Day and evening classes</li> <li>● No fee for GED, Diploma classes only</li> </ul>
<b>San Bernardino</b> 92411	Escuela Guadalupe 1475 Seventh Street	(909) 381-1628	<ul style="list-style-type: none"> <li>● Reading &amp; speaking English classes</li> <li>● Anyone is eligible, day class available</li> <li>● No fee</li> </ul>
92401	San Bernardino Valley College 701 S. Mt. Vernon Avenue	(909) 888-6511	<ul style="list-style-type: none"> <li>● Reading and language classes</li> <li>● Counseling &amp; assessment provided</li> <li>● Anyone is eligible, day and evening classes</li> <li>● \$13 a unit (most classes are 3 units)</li> </ul>
92401	San Bernardino Public Library Adult Literacy Center 555 W. Sixth Street	(909) 381-8205	<ul style="list-style-type: none"> <li>● Reading and speaking English</li> <li>● Basic adult education</li> <li>● Anyone is eligible</li> <li>● Day and evening classes</li> <li>● One on one tutors or group sessions</li> <li>● No fee</li> </ul>
92405	San Bernardino Adult Education 1200 N. "E" Street	(909) 388-6004  (909) 388-6000 <i>Main number</i>	<ul style="list-style-type: none"> <li>● Speaking, writing &amp; reading English</li> <li>● 18 years and older.</li> <li>● Day and evening classes.</li> <li>● No fee</li> </ul>
92411	Libreria Del Pueblo, Inc. 964 Mt. Vernon Avenue	(909) 888-1800	<ul style="list-style-type: none"> <li>● Citizenship program, which includes ESL classes</li> <li>● Reading, speaking and writing English classes</li> <li>● Must be low income</li> <li>● No fee, donations accepted</li> </ul>
92415	San Bernardino County Library 104 West Fourth Street	(909) 387-5730	<ul style="list-style-type: none"> <li>● Reading and writing English.</li> <li>● Some speaking knowledge of English required</li> <li>● 16 years of age or older, or not enrolled in school</li> <li>● Time arranged between student and tutor</li> <li>● No fee</li> </ul>

# Housing, Clothing, Food, and Utilities



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All cities</b>	Southern California Edison P.O. Box 292 <b>Rialto, CA 92377</b>	1-800-447-6620	<ul style="list-style-type: none"> <li>● Automated Voice System Rate assistance 20% discount off of electric bill if income eligible</li> </ul>
	Southern California Gas California Alternative Rates for Energy (CARE) P.O. Box 2295 <b>Santa Fe Springs, CA 90670</b>	1-800-331-7593 <i>Automated Voice System</i>	<ul style="list-style-type: none"> <li>● Rate assistance 15% appliance repair, weatherization if income eligible</li> </ul>
	Department of Community Services and Development P.O. Box 1947 <b>Sacramento, CA 92512-1947</b>	1-800-433-4327	<ul style="list-style-type: none"> <li>● No emergency assistance</li> <li>● Reduced Rate Program</li> <li>● Home Energy Assistance Program (HEAP)</li> <li>● Must meet income guidelines</li> </ul>
	WIC Program 351 N. Mountain View <b>San Bernardino 92415</b>	(909) 387-8301 (800) 472-2321 <i>Desert</i> (909) 458-9730 <i>or</i> (909) 458-9371 <i>West End Area</i>	<ul style="list-style-type: none"> <li>● Supplemental food program for low-income women, infants and children (WIC)</li> <li>● Nutrition education and counseling</li> <li>● Call to apply</li> </ul>
	Hotline for Food SB Dept. of Public Health 351 N. Mountain View <b>San Bernardino, CA 92415</b>	(909) 387-6861 <i>or</i> 1-800-643-6630	<ul style="list-style-type: none"> <li>● Information about food programs or emergency food in San Bernardino county</li> </ul>
	HEAP Heating Assistance	(866) 675-6623	<ul style="list-style-type: none"> <li>● Call for application</li> </ul>
<b>All Cities</b>	<b>"211"</b> Inland Empire United Way	1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5	<b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...



CITY	AGENCY	PHONE	SERVICES PROVIDED
Housing, Clothing, Food, and Utilities			
All cities	Inland Mediation Board Begonia <b>Ontario</b> , CA 91762 Or 560 N. Arrowhead, Suite 7A Suite 7A <b>San Bernardino</b> , CA 9240	1-800-321-0911 (909) 984-2254  (909) 888-3763 (West End)	<ul style="list-style-type: none"> <li>● Information and mediation of 1005 landlord-tenant disputes</li> <li>● Default and foreclosure counseling</li> <li>● First time home buyer education (fee \$60)</li> <li>● Senior shared housing assistance</li> <li>● No fee</li> </ul>
	San Bernardino Department of Public Health, <b>Childhood Lead Poisoning Prevention</b> Program 120 Carousel Mall San Bernardino, CA 92415	1800-722-3777	<p>You may qualify for a home free lead inspection or free renovation services. Free renovation services are available to:</p> <ul style="list-style-type: none"> <li>● Homes identified with lead-based paint hazards, AND</li> <li>● Homes built before 1978. These Include single-family homes or apartments, AND</li> <li>● Tenant or owners living in low income housing with children under six (6) years old, OR</li> <li>● Landlords, renting to families with low income with children under six years old</li> </ul>
	Victorville High Desert Homeless Services 14049 Amargosa Rd. <b>Victorville</b> , CA 92392	(760) 245-5991 Fax (760) 245-7513	<ul style="list-style-type: none"> <li>● Shelter provided for men, women, and children</li> <li>● Valid state ID required individuals must go through interview</li> </ul>
Adelanto 92301	Adelanto Senior Center 11565 Cortez	(760) 246-7736	<ul style="list-style-type: none"> <li>● Nurse comes in once-a-month,</li> <li>● Senior nutrition program</li> <li>● Meals-on-Wheel</li> <li>● \$3.75 under 60 years old</li> <li>● \$2 donation over 60 years ol</li> </ul>
92311	Desert Manor / Shelter of the Desert 209 N. First Ave	(760) 256-7797	<ul style="list-style-type: none"> <li>● Utility assistance food, clothing and shelter for low income families</li> <li>● Emergency food need referral</li> <li>● Sat-Wed Dinner 5:00 pm to 6:00 pm</li> <li>● Mon-Fri Lunch 11:00 am to 1:00 pm</li> <li>● Must bring proof of income or referral from another agency</li> <li>● 2 nights/month shelter for people stranded in Barstow</li> <li>● Transportation for stranded motorists</li> <li>● Gas vouchers</li> </ul>



CITY	AGENCY	PHONE	SERVICES PROVIDED
Housing, Clothing, Food, and Utilities			
<b>Barstow</b> 92311	Housing Authority 421 S. 7 <sup>th</sup> Ave	(760) 256-8814	<ul style="list-style-type: none"> <li>● Long term rental assistance to low-income families</li> <li>● No fee</li> </ul>
92311	Senior Health Clinic Mojave Valley Senior Center 555 Melissa	(760) 256-5023	<ul style="list-style-type: none"> <li>● Nurse available, every other month</li> <li>● Meals-on-Wheel</li> <li>● Donation accepted</li> </ul>
<b>Chino</b> 91710	Aletheian Christian Foundation 12801 N. Oaks Ave	(909) 627-3635	<ul style="list-style-type: none"> <li>● Food, clothing, rent and utilities</li> <li>● Call first to see what is available</li> </ul>
91710	Housing Authority 13088 Monte Vista	(909) 628-3413	<ul style="list-style-type: none"> <li>● Long term rental assistance to low-income families</li> <li>● No fee</li> </ul>
<b>Colton</b> 92324	Housing Authority 772 Pine Street	1-800-494-6826 (909) 890-0644 <i>Main # they will direct to closest facility</i>	<ul style="list-style-type: none"> <li>● Long term rental assistance to low-income families</li> <li>● No fee to anyone living public housing project</li> </ul>
92324	Hutton Community Center Annex Senior Center 660 Colton Ave	(909) 370-6168	<ul style="list-style-type: none"> <li>● Nutrition for seniors</li> <li>● Senior lunch program</li> <li>● Senior classes</li> <li>● Local trips on Tuesdays</li> <li>● Other help available, housing and social services, must make appointment</li> </ul>
<b>Ontario</b> 91764	Housing Authority (section 8) 424 N. Lemon Ave	(909) 983-1318  (909) 628-3413	<ul style="list-style-type: none"> <li>● Rental assistance to low-income families</li> <li>● Public housing to low-income families in Chino</li> <li>● No fee to anyone living in public housing project</li> </ul>
91762	Homeless Outreach Programs And Education (HOPE) 213 N. Fern Ave	(909) 983-5783	<ul style="list-style-type: none"> <li>● Referral service for shelters, legal help, alcohol and drug treatment, dental and medical care</li> <li>● Help applying for AFDC and Social Security</li> <li>● Drop-in center for coffee, bus tokens, food and housing when available</li> <li>● No fee to homeless or low-income</li> <li>● Motel vouchers January to April only</li> </ul>



CITY	AGENCY	PHONE	SERVICES PROVIDED
Housing, Clothing, Food, and Utilities			
<b>Ontario</b> 91762	Salvation Army 1412 S. Euclid Ave	(909) 986-6748	<ul style="list-style-type: none"> <li>• Call first</li> <li>• Food, shelter, and rental assistance for anyone in need when available</li> <li>• Must have valid I.D. proof of residence, social security and proof of income</li> </ul>
<b>Pomona</b> 91767	Salvation Army 490 E. Laverne Ave P.O. Box 2562	(909) 621-1579	<ul style="list-style-type: none"> <li>• Meal tickets for homeless</li> <li>• Food assistance</li> <li>• Overnight emergency lodging</li> <li>• Counseling</li> </ul>
<b>Redlands</b> 92376	Jubilee Pantry 1436 Ayala Drive Suite G	(909) 873-2710 <i>Tue and Fri 10am to 2pm</i>	<ul style="list-style-type: none"> <li>• Clothing, food, utility and rental assistance for anyone in need</li> <li>• Meals, showers, laundry for homeless</li> </ul>
92376	Home Again Project 612 Lawton Street	(909) 792-9626	<ul style="list-style-type: none"> <li>• Case management and substance abuse counseling to clients by referral only</li> <li>• Family counseling, dental assistance</li> <li>• Must be homeless or referred by Family Services Association of Redlands Utility Assistance</li> <li>• No cost</li> </ul>
92374	Salvation Army 868 Alta Street <i>Mailing Address:</i> P.O. Box 26	(909) 792-6868	<ul style="list-style-type: none"> <li>• Clothing, food, utility and rental assistance for anyone in need</li> <li>• Meals, showers, laundry for homeless</li> </ul>
	United Way of Redlands 555 Cajon Street Suite A	(909) 792-0822 (909) 793-2837 <i>United Way</i>	<ul style="list-style-type: none"> <li>• Information and referral number</li> <li>• Information and referral to anyone seeking assistance for housing, food, utilities, medical help</li> </ul>
<b>San Bernardino</b> 92415	Community Action Partnership (CAP) Family Development 686 E. Mill Street	(909) 891-3950	<ul style="list-style-type: none"> <li>• Short-term help with rent, food, and shelter</li> <li><i>Must show proof:</i> <ul style="list-style-type: none"> <li>• Social Security cards for everyone in household</li> <li>• Picture I.D. for adults</li> <li>• Income with-in last 30 days</li> <li>• Must be San Bernardino resident</li> <li>• No fee</li> </ul> </li> </ul>



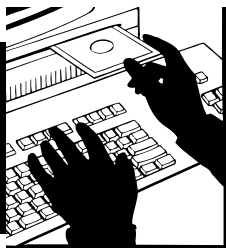
CITY AGENCY PHONE SERVICES PROVIDED			
Housing, Clothing, Food, and Utilities			
San Bernardino 92411	Frazee Community Center 1140 W. Mill Street <i>Mailing Address:</i> P.O. box 8250	(909) 889-4424	<ul style="list-style-type: none"> <li>• Short-term help for seniors &amp; families</li> <li>• Shelter, clothing, medical care</li> <li>• Hot meal served between 11 am -1 pm</li> <li>• No fee</li> </ul>
	Sunrise Senior Citizen Apts.	(909) 355-8522	<ul style="list-style-type: none"> <li>• Low-income HUD subsidize housing</li> </ul>
92401	Salvation Army Hospitality House 845 W. Kingman <i>Mailing Address:</i> P.O. Box 991	(909) 885-0353	<ul style="list-style-type: none"> <li>• Shelters for women with children, and men</li> <li>• Substance abusers and mentally ill not accepted</li> <li>• Women- may stay up to 2 months</li> <li>• Men-up to 2 months if working</li> <li>• Transients - 3 days every 3 months</li> <li>• Counseling, referrals, budget help</li> <li>• Breakfast &amp; dinner served every day</li> </ul>
92402	Salvation Army 746 W. 5th Street <i>Mailing Address:</i> P.O. Box 991	(909) 885-0353	<ul style="list-style-type: none"> <li>• Food assistance Tuesday &amp; Thursday</li> <li>• First come, first serve</li> </ul>
92411	Catholic Charities Regional Office 1800 Western Suite 107	(909) 880-3625  (909) 370-1293 <i>counseling center</i>	<ul style="list-style-type: none"> <li>• Food, utility, &amp; housing assistance</li> <li>• Emergency funeral expense assistance</li> <li>• Drug, alcohol, AIDS and family counseling</li> <li>• No cost to low-income or those unable to care for themselves</li> </ul>
92405	Catholic Charities 1450 N. "D" Street	(909) 388-1243 <i>or</i> (909) 388-1239	<ul style="list-style-type: none"> <li>• Immigration services</li> <li>• Help with job interviews</li> <li>• Help to become a U.S. Citizen for any new arrival to this country</li> <li>• Assistance with bills, shelter</li> </ul>
92401	San Bernardino City Mission 345 N. "I" St.	(909) 889-2700	<ul style="list-style-type: none"> <li>• Free clothing &amp; food once a month on Wed, give away household items</li> <li>• Delivery in local area available</li> <li>• SSN and picture ID required</li> </ul>
92401	Housing Authority County of San Bernardino 715 E. Briar Dr.	909-890-9533	<ul style="list-style-type: none"> <li>• Long term rental assistance for low income families</li> <li>• No fee</li> </ul>



CITY	AGENCY	PHONE	SERVICES PROVIDED
Housing, Clothing, Food, and Utilities			
<b>San Bernardino</b> 92415	Expanded Food & Nutrition Program (EFNEP) 777 E. Rialto Ave.	(909) 387-2188	<ul style="list-style-type: none"> <li>● Fee nutrition program designed to aid low-income families in stretching their food dollars</li> </ul>
92415	San Bernardino Homeless Coalition 686 E. Mill St.	(909) 891-3884	<ul style="list-style-type: none"> <li>● Information &amp; referrals for housing</li> <li>● No fee</li> </ul>
<b>Upland</b> 91786	Housing Authority (section 8) 1226 N. Campus Ave	(909) 982-2649	<ul style="list-style-type: none"> <li>● Long-term rental assistance for low-income families</li> <li>● No fee</li> </ul>
91786	Foothill Family Shelter 1501 W. 9th St. Suite D	(909) 920-5568	<ul style="list-style-type: none"> <li>● Shelter for homeless families with children</li> <li>● Parenting, nutrition classes, counseling</li> <li>● 120 day stay, must call for appointment</li> <li>● No fee</li> </ul>
<b>Victorville</b> 92392	High Desert Homeless 14049 Amargosa Rd	(760) 245-7513	<ul style="list-style-type: none"> <li>● Shelter for families</li> <li>● Substance abusers and mentally ill not accepted</li> <li>● 3 nights to 90 day stay</li> <li>● No fee</li> </ul>
92392	Salvation Army-Victor Valley 14585 La Paz Dr.	(760) 245-2545	<ul style="list-style-type: none"> <li>● Food, utilities &amp; rental assistance for anyone in need when funds available</li> <li>● Youth after school programs</li> </ul>
92392	United Way 15447 Anacapa Rd, Suite 102	(760) 245-2213	<ul style="list-style-type: none"> <li>● Information referrals for food and clothing</li> </ul>
92393	First Call for Help P.O. Box 3012	(760) 240-8255	<ul style="list-style-type: none"> <li>● Referral Agency</li> </ul>
92392	Meals On Wheels 15075 Hesperia Rd.	(760) 245-7047	<ul style="list-style-type: none"> <li>● Hot meals delivered to disabled seniors</li> </ul>
92393	Samaritan on Helping Hand 15527 Eight St.	(760) 243-5933	<ul style="list-style-type: none"> <li>● Provides groceries, clothing</li> <li>● Allowed once every other month</li> <li>● Monday - Friday, 10 am to 1 pm</li> </ul>
<b>Yucaipa</b> 92399	Family Assistance Yucaipa Valley Welfare, Inc 35075 Ave B P.O. Box 130	(909) 797-0244	<ul style="list-style-type: none"> <li>● Clothing, emergency food and help with utility payment when funds available must be low-income</li> <li>● Food service</li> <li>● No fee</li> </ul>

## Job - Line Recording Personnel Offices

AGENCY	PHONE
California State Polytechnic, Pomona	(909) 869-2100
California State University, San Bernardino	(909) 880-5139
Chino Unified School District	(909) 628-0549 or (909) 628-0549
City of Chino	(909) 591-9808
City of Claremont	(909) 399-5351
City of Fontana	(909) 350-7652
City of Fullerton	(714) 738-6378
City of La Verne	(909) 596-8760
City of Los Angeles	(213) 847-9424
City of Montclair	(909) 625-9427
City of Ontario	(909) 391-2580
City of Pomona	(909) 620-2489
City of Rialto	(909) 820-2640
City of San Bernardino	(909) 384-5376
Claremont Colleges	(909) 607-7373
Employment Development Department (Ontario)	(909) 983-5821
Employment Development Department (Pomona)	(909) 593-4901
Kaiser Hospital	(909) 427-5166
Los Angeles County	(213) 351-5478
Mount San Antonio College	(909) 594-5611 Ext 3600
Orange County	(714) 834-JOBS / 5627
Redlands Unified School District	(909) 307-5333
San Bernardino City Unified School District	(909) 888-9955
San Bernardino Community College District	(909) 382-0798
San Bernardino County	(909) 387-5611
San Diego	(619) 531-5764
State Personnel Board	(213) 620-6450
University of California, Riverside	(909) 787-3127
Upland Unified School District	(909) 949-7850
Vons	1-800-283-VONS / 8667

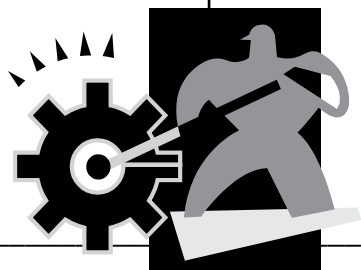


# Job Training and Placement Programs

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	County of San Bernardino Human Resources 157 W. 5th Street <b>San Bernardino, CA 92415</b>	(909) 387-5611  <i>www.sbcounty.gov</i>	<ul style="list-style-type: none"> <li>● 24-Hour job line listing current openings for employment with the county</li> </ul>
<b>Apple Valley</b> 92308	Regional Occupational Program (ROP) 13063 Pawnee Rd Willow Park High School  Apple Valley High School	(760) 240-4252 <i>Ext. 100</i> (760) 247-7206	<ul style="list-style-type: none"> <li>● Job placement and current training</li> <li>● Courses in job entry skills</li> <li>● Recruitment / placement specialists on site</li> <li>● 16 years or older</li> <li>● No fee</li> </ul>
<b>Big Bear Lake</b> 92315	Regional Occupational Program (ROP) P.O. Box 1708	(909) 585-1616 <i>Ext 283</i>	<ul style="list-style-type: none"> <li>● Job placement and current training</li> <li>● Courses in job entry skills</li> <li>● Recruitment / placement specialists on site for those enrolled</li> <li>● 16 years or older</li> <li>● No fee</li> </ul>
<b>Hesperia</b> 92345	Workforce Development Department 15555 Main Street Suite G4	(760) 949-8526	<ul style="list-style-type: none"> <li>● Resources for self-directed job search</li> <li>● Job search skills workshops</li> <li>● Assistance with job applications and resumes</li> <li>● On-site Job Placement Specialists</li> <li>● Open to the general public, 16 years or older</li> <li>● No fee</li> </ul>
<b>Hesperia</b> 92345	Regional Occupational Program (ROP) 9898 Maple	(760) 244-1771 <i>(Automated Voice System)</i>	<ul style="list-style-type: none"> <li>● Job placement and current training</li> <li>● Courses in job entry skills</li> <li>● Recruitment / placement specialists on site for those enrolled</li> <li>● 16 years or older</li> <li>● No fee</li> </ul>



CITY	AGENCY	PHONE	SERVICES PROVIDED
Job Training and Placement Programs			
<b>Montclair</b> 91763	Association for Retarded Citizens (OPARC) 8939 Vernon Ave. Suite L	(909) 985-3116	<ul style="list-style-type: none"> <li>● Also serve persons with various disabilities thru department of rehabilitation</li> <li>● Vocational training and job placement for developmentally disabled</li> <li>● Must be referred through Regional Centers</li> <li>● No fee</li> </ul>
91763	OPARC - Ontario Pomona Association of Retarded Citizens 8939 Vernon Ave Suite L	(909) 985-3116 909 982-5180	<ul style="list-style-type: none"> <li>● Must be associated with the 91763 regional center system or Department of Rehabilitation</li> <li>● Vocational training for adults</li> <li>● Behavior modification program developmental disabilities</li> <li>● Adult developmental centers for severely disabled</li> <li>● No cost</li> </ul>
<b>Morongo</b> 92277	Regional Occupational Program (ROP) 5715 Utah Trail P.O. Box 1269, 29 Palms, CA	(760) 367-9191 <i>ext: 339</i>	<ul style="list-style-type: none"> <li>● Job placement and current training</li> <li>● Courses in job entry skills</li> <li>● Recruitment / placement specialists on site for those enrolled</li> <li>● 16 years or older</li> <li>● No fee</li> </ul>
<b>Needles</b> 92363	San Bernardino County Dept. of Behavioral Health 1300 Bailey Street	(760) 326-9260 (760) 326-9313 (760) 326-3135	<ul style="list-style-type: none"> <li>● Eligibility office for food stamps</li> <li>● Job assistance</li> <li>● In homes services</li> <li>● CPS</li> <li>● Behavioral Assistance</li> </ul>
<b>Ontario</b> 91761	1235 Francis Street 9007 Arrow Route Suite 150	909-920-5204 <i>ext: 226</i>	<ul style="list-style-type: none"> <li>● Must be associated with the 91763 regional center system or Department of Rehabilitation</li> <li>● Vocational training for adults</li> <li>● Behavior modification program developmental disabilities</li> <li>● Adult developmental centers for severely disabled</li> <li>● No cost</li> </ul>





CITY	AGENCY	PHONE	SERVICES PROVIDED
Job Training and Placement Programs			
<b>Rancho Cucamonga</b> 91730	Workforce Development Department 9650 Ninth Street Suite A	909-941-6500	<ul style="list-style-type: none"> <li>• Resources for self-directed job search</li> <li>• Job search skills workshops</li> <li>• Assistance with job applications and resumes</li> <li>• On-site Job Placement Specialists</li> <li>• Open to the general public, 16 years or older</li> <li>• No fee</li> </ul>
91730	Ranch Employment Services 10602 Trademark Pkwy, N. Suite 500	(909) 941-6500	<ul style="list-style-type: none"> <li>• Job search education for persons receiving TANF</li> <li>• Job placement</li> <li>• Child-care services to general public on cash aid</li> <li>• Exemptions for children under one year old</li> <li>• No fee</li> </ul>
91730	Senior Job Training Program 9050 Archibald Ave	(909) 945-4617	<ul style="list-style-type: none"> <li>• Senior employment program</li> </ul>
<b>Redlands</b> 92374	Employment Development Dept., State of California 814 W. Colton Ave	(909) 798-1793	<ul style="list-style-type: none"> <li>• No actual referrals</li> <li>• Offers Cal Jobs internet service open free to general public to search for jobs on their own</li> </ul>
<b>Rialto</b> 92376	Regional Occupational Program (ROP) 266 W. Randall	(909) 820-6883	<ul style="list-style-type: none"> <li>• Job placement and current training</li> <li>• Courses in job entry skills</li> <li>• Recruitment / placement specialists on site for those enrolled</li> <li>• 16 years or older</li> <li>• No fee</li> </ul>
<b>San Bernardino</b> 92401	City of San Bernardino Employment and Training Agency 599 N. Arrowhead Ave	(909) 888-7881	<ul style="list-style-type: none"> <li>• Employment preparation for youth and adults</li> <li>• Retraining program for dislocated workers</li> <li>• Job referrals and placement</li> <li>• Adult basic education &amp; (GED) classes</li> <li>• Must meet income guidelines</li> <li>• No fee</li> </ul>



CITY	AGENCY	PHONE	SERVICES PROVIDED
Job Training and Placement Programs			
<b>San Bernardino</b> 92415	WorkForce Development Department 646 N. Sierra Way	909-386-0084	<ul style="list-style-type: none"> <li>• Resources for self-directed job search</li> <li>• Job search skills workshops</li> <li>• Assistance with job applications and resumes</li> <li>• On-site Job Placement Specialists</li> <li>• Open to the general public, 16 years or older</li> <li>• No fee</li> </ul>
<b>Victorville</b> 92392	Victor Valley Union High School District 16350 Mojave Dr.	(760) 955-3200 <i>Ext 270</i>	<ul style="list-style-type: none"> <li>• Job placement and current training</li> <li>• Courses in job entry skills</li> <li>• Recruitment / placement specialists on site for those enrolled</li> <li>• 16 years Or older</li> <li>• No fee</li> </ul>
92392	Employment Development Dept., State of California 15419 Cholame Rd	1-800-300-5616	<ul style="list-style-type: none"> <li>• No actual referrals</li> <li>• Offers Cal Jobs internet service</li> <li>• Open free to general public to search for jobs on their own</li> </ul>





# Legal Help

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	Inland Mediation Board 60 E. 9 <sup>th</sup> St. <b>Upland</b> , CA 91786	1-800-321-0911 (909) 984-2254	<ul style="list-style-type: none"> <li>● Information and mediation of landlord-tenant disputes</li> </ul>
	Inland Mediation Board 560 N. Arrowhead Ave Suite 7A <b>San Bernardino</b> , CA 92401	(909) 888-3763	<ul style="list-style-type: none"> <li>● This office deals only with landlord tenant disputes</li> </ul>
	California Office of the Attorney General P.O. Box 944255 <b>Sacramento</b> , CA 94244	1-800-952-5225	<ul style="list-style-type: none"> <li>● Consumer complaints and inquiries</li> <li>● Consumer assistance and mediation services</li> <li>● Consumer education literature</li> <li>● Available to the general public</li> <li>● No fee</li> </ul>
	California Rural Legal Assistance Foundation 2000 "O" St. Suite 240 <b>Sacramento</b> , CA 95814	1-800-477-7901 <i>(Immigration info)</i> (916) 446-7904 <i>(Professional info)</i>	<ul style="list-style-type: none"> <li>● Information and referral on immigration issues</li> <li>● Referral service to other agencies</li> <li>● Legislative advocacy education and information</li> <li>● Refer to lawyers in local area 800 hotline for complaints about lawyer</li> <li>● No fee</li> </ul>
	California State Bar Association Office of Public Education 555 Franklin St. <b>San Francisco</b> , CA 94102	1-800-843-9053 <i>(Attorney complaints)</i>	<ul style="list-style-type: none"> <li>● No fee</li> </ul>
	Inland AIDS Project (IAP) 1604 N. "D" St. <b>San Bernardino</b> , CA	1-800-499-2437	<ul style="list-style-type: none"> <li>● 24-hour answering service</li> <li>● Legal Assistance for low-income persons with AIDS</li> <li>● Discrimination, housing or consumer problems.</li> <li>● Debt counseling and information on public benefits</li> <li>● No fee</li> </ul>
<b>All Cities</b>	<b>"211"</b> Inland Empire United Way	1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5	<b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Legal Help</b>			
<b>All Cities</b>	Inland Counties Legal Services 715 N. Arrowhead Ave. Suite 113 <b>San Bernardino, CA 92401</b>	(909) 884-8615	<ul style="list-style-type: none"> <li>• Legal Advice by appointment must be low income</li> <li>• Civil cases only</li> <li>• No fee</li> </ul>
	San Bernardino County Bar Association 555 N. Arrowhead Ave. <b>San Bernardino, CA 92401</b>	(909) 888-6791	<ul style="list-style-type: none"> <li>• Lawyer referral service available to the general public</li> <li>• \$35 consultation fee depending on kind of attorney</li> </ul>
<b>Rancho Cucamonga</b> 91730	Inland Counties Legal Services 10601 Civic Center Dr. Suite 260	909-980-0982	<ul style="list-style-type: none"> <li>• Legal Advice by appointment</li> <li>• Must be low-income</li> <li>• Civil cases only</li> <li>• No fee</li> </ul>
	Western SB County Bar Association Lawyer Referral Service 10630 Town Center Dr. Suite 119	(909) 945-2980	<ul style="list-style-type: none"> <li>• Referrals to local attorneys</li> <li>• \$35 Fee</li> </ul>
<b>San Bernardino</b> 92401	Legal Aid Clinic 354 W. 6th St.	909-889-7328	<ul style="list-style-type: none"> <li>• Legal assistance on family law matters, divorce, guardianship, etc</li> <li>• For anyone unable to afford an attorney</li> <li>• On site attorney counseling 1st and 3rd Wednesday (varies)</li> <li>• Asks for donations</li> </ul>
92414	Small Claims Court Advisory Program 351 N. Arrowhead Ave. 1st Floor	(909) 387-3880	<ul style="list-style-type: none"> <li>• Advice and assistance in filling out paperwork for small claims court</li> <li>• Provides mediation services.</li> <li>• No fee</li> </ul>
<b>Victorville</b> 92392	Inland Counties Legal Services 14196 Amargosa Rd. Suite K	(760) 241-7073	<ul style="list-style-type: none"> <li>• Legal advice by appointment</li> <li>• Must be low-income</li> <li>• No fee</li> </ul>
92392	Alternative legal Services 14359 Amargosa Rd. Suite D	(760) 243-2910	<ul style="list-style-type: none"> <li>• Family law, restraining orders, child custody</li> <li>• No fee</li> </ul>




# Medical + Preventive Care



CITY	AGENCY	PHONE	SERVICES PROVIDED
All Cities	<b>Immunization Program</b> County of San Bernardino Department of Public Health 351 N. Mt. View, Room 107 <b>San Bernardino, CA 92415</b>	1-800-722-4794 <i>General info.</i> (909) 387-6521	<ul style="list-style-type: none"> <li>● Adult and child immunizations.</li> <li>● \$10 per child, but no one is turned away if they cannot pay</li> <li>● Call for local clinic site</li> </ul>
	Center of Health Resources Access for Infants and Mothers (AIM) 22365 Barton Rd., Ste 202 <b>Grand Terrace, CA 92313</b>	1-800-433-2611	<ul style="list-style-type: none"> <li>● Maternity insurance coverage for women who don't have Medi-Cal</li> <li>● Covers women through pregnancy and up to 60 days postpartum and infants up to 1 year of age</li> </ul>
	Child Health and Disability Prevention program (CHDP) (Child and Adolescent Health Clinics)  120 Carousel Mall <b>San Bernardino, CA 92415</b>	909-387-0400 1-800-722-3777	<ul style="list-style-type: none"> <li>● Referral to medical screening and preventive health services to children and youth ages' birth to 21 years</li> <li>● School based dental disease prevention activities</li> <li>● Must meet income guidelines</li> <li>● Call for list of providers/clinic in local area</li> </ul>
	Loma Linda Pediatric Teaching Clinic 25455 Barton Rd <b>Loma Linda, CA</b>	(909) 558-6696	<ul style="list-style-type: none"> <li>● Behavior assessment</li> </ul>
	American Cancer Society 1240 Palmyrita Ave <b>Riverside, CA</b>	951-683-6415	<ul style="list-style-type: none"> <li>● Information on cancer and related diseases</li> <li>● Presentations to the community</li> <li>● No fee</li> </ul>
All Cities	<b>"211"</b> Inland Empire United Way	1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5	<b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Medical + Preventive Care</b>			
<b>Adelanto</b> 92301	Adelanto Senior Center 11565 Cortez Adelanto, CA 92301	(760) 246-7736	<ul style="list-style-type: none"> <li>• Nurse comes in once-a-month,</li> <li>• Senior nutrition program</li> <li>• Meals-on-Wheel</li> <li>• \$3.75 under 60 years old</li> <li>• \$2 donation over 60 years ol</li> </ul>
<b>Barstow</b> 92311	Reproductive Health Services 303 E. Mountain View	(760) 256-4705 or (760) 256-4415	<ul style="list-style-type: none"> <li>• Comprehensive and confidential care with family planning</li> <li>• Pregnancy testing and counseling</li> <li>• Birth control</li> <li>• Women's health care</li> <li>• Sliding fee scale and Medi-Cal</li> </ul>
92311	Immunization Program 301 E. Mountain View Ave	1-800-722-4794 <i>General info.</i>	<ul style="list-style-type: none"> <li>• Adult and child immunizations</li> <li>• \$10 per child, but no one is turned away if they cannot pay</li> </ul>
92311	Senior Health Clinic Mojave Valley Senior Center 555 Melissa	(760) 256-5023	<ul style="list-style-type: none"> <li>• Nurse available, every other month</li> <li>• Meals-on-Wheel</li> <li>• Donation accepted</li> </ul>
<b>Big Bear</b> 92315	Public Health Cancer Screening Clinic 477 Summit Blvd	909-388-0467	<ul style="list-style-type: none"> <li>• Cancer screening for women 40 years &amp; older or who have a tuballigation or a hysterectomy</li> <li>• Limited appointment for younger than 40</li> <li>• Cash, checks, Medi-Cal, Medi-care</li> <li>• No cost for "Every Woman Counts" eligible clients</li> </ul>
	Immunization Program 477 Summit Blvd	1-800-722-4794 <i>General info.</i>	<ul style="list-style-type: none"> <li>• See under <b>all cities</b> - page 41</li> </ul>
	Reproductive Health Services 477 Summit Blvd	(909) 866-0177	<ul style="list-style-type: none"> <li>• See under <b>all cities</b> - page 41</li> </ul>




CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Medical + Preventive Care</b>			
<b>Big Bear</b> 92315	Senior Health Clinic Big Bear Valley Senior Center 42651 Big Bear Blvd	909-388-0400	<ul style="list-style-type: none"> <li>● See under <b>all cities</b> - page 41</li> </ul>
<b>Bloom- ington</b> 92316	Senior Health Clinic Bloomington Senior Citizen Center 18317 Valley Blvd	909-388-0400	<ul style="list-style-type: none"> <li>● See under <b>all cities</b> - page 41</li> </ul>
<b>Chino</b> 91710	Maternal Health Clinic 1647 E. Holt Blvd Ontario, CA 91761	(909) 458-9759	<ul style="list-style-type: none"> <li>● Prenatal clinics offer medical exams, psychosocial and nutrition counseling, and health education for low-income women</li> <li>● Sliding fee scale and Medi-Cal</li> </ul>
91710	Immunization Program 1647 E. Holt Blvd Ontario, CA 91761	(909) 387-6521 General info.	<ul style="list-style-type: none"> <li>● See under <b>all cities</b> - page 41</li> </ul>
	Reproductive Health Services 1647 E. Holt Blvd Ontario, CA 91761	(909) 465-5219	<ul style="list-style-type: none"> <li>● See under <b>all cities</b> - page 41</li> </ul>
91710	Senior Health Clinic Chino Community Bldg 13170 Central Ave	(909) 591-9836	<ul style="list-style-type: none"> <li>● Lunch for seniors only</li> <li>● Case management</li> <li>● Full service activities</li> <li>● Social services programs</li> <li>● Transportation provided</li> <li>● \$2.50 suggested donation</li> </ul>
92408	Inland Regional Center 674 Brier Dr <i>Mailing Address:</i> P.O. Box 6127 San Bernardino, CA 92412-6127	(909) 890-3000	<ul style="list-style-type: none"> <li>● Referrals to medical care, job training, education, etc. for developmentally disabled individuals</li> <li>● Coordination of services between appropriate agencies and client</li> <li>● No fee</li> </ul>
			

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Medical + Preventive Care</b>			
<b>Colton</b> 92324	Arrowhead Medical Center Emergency Room Services Only 400 N. Pepper Ave.	(909) 580-1400	<ul style="list-style-type: none"> <li>● Emergency medical care</li> <li>● Medi-Cal, insurance or payment schedule</li> </ul>
92324	Arrowhead Medical Center Pediatric Clinic 400 N. Pepper Ave.	(909) 580-1000	<ul style="list-style-type: none"> <li>● Walk-ins, well child check-ups pediatric specialty clinics</li> <li>● Medi-Cal private insurance or payment schedule</li> </ul>
92324	Senior Health Clinic Larry Hutton Community Center 660 Colton Ave.	909-388-0400	● See under <b>all cities</b> - page 41
92324	Senior Health Clinic Peter Luque Center 290 East "O" St.	909-388-0400	● See under <b>Barstow</b>
<b>Fontana</b> 92335	Reproductive Health Services 17830 Arrow Blvd	(909) 356-6733	<ul style="list-style-type: none"> <li>● Peer counseling</li> <li>● Sliding scale, Medi-Cal</li> <li>● No one is turned away</li> <li>● Comprehensive and confidential family planning services for teens under the age of 21 years</li> <li>● Walk-in clinic, no appointment necessary</li> </ul>
92335	Young Adult Clinic (YAC) 17830 Arrow Blvd.		
92335	Immunization Program 17830 Arrow Blvd	1-800-722-4794 <i>General Info.</i>	● See under <b>all cities</b> - page 41
92335	Maternal Health Clinic 17830 Arrow Blvd.	(909) 356-3444 <i>Fax or modem</i>	● See under <b>Chino</b>
92335	Public Health Cancer Screening Clinic 17830 Arrow Blvd.	1-800-722-477 <i>General Info.</i>	● See under <b>Big Bear</b>
92335	Senior Health Clinic North Fontana Community Center 6396 Citrus Ave.	909-388-0400	<ul style="list-style-type: none"> <li>● See under <b>Adelanto</b></li> </ul>






CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Medical + Preventive Care</b>			
<b>Grand Terrace</b> 92324	Senior Health Clinic Grand Terrace Senior Center 22627 Grand Terrace Rd	909-388-0400	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
<b>Havasu Lake</b> 92363	Senior health Clinic Lake Havasu Senior Citizens Coalition Bldg 12198 Sunbonnet Rd P.O.Box 1564	(760) 858-4336	<ul style="list-style-type: none"> <li>● Call for activity schedule</li> <li>● No medical services available</li> </ul>
<b>Hesperia / Victorville</b> 92345	Public Health Cancer Screening Clinic 16453 Bear valley Rd	(760) 956-4400	<ul style="list-style-type: none"> <li>● See under <b>Big Bear</b></li> </ul>
92345	Maternal Health Clinic 16453 Bear Valley Rd	(760) 956-4400	<ul style="list-style-type: none"> <li>● See under <b>Chino</b></li> </ul>
92345	Immunization Program 16453 Bear valley Rd	(760) 956-4400	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
92345	Reproductive Health Services 16453 Bear valley Rd	(760) 956-4400	<ul style="list-style-type: none"> <li>● See under <b>Barstow</b></li> </ul>
92345	Young Adult Clinic 16453 Bear Valley Rd	(760) 956-4400	<ul style="list-style-type: none"> <li>● See under <b>Fontana</b></li> </ul>
92345	Senior Health Clinic Hesperia Community Center 9333 Avenue " E "	(760) 956-4400	<ul style="list-style-type: none"> <li>● See Under <b>Adelanto</b></li> </ul>
<b>Highland</b> 92346	San Manuel Indian Health Clinic	(909) 864-1097	<ul style="list-style-type: none"> <li>● Comprehensive care for Native Americans</li> <li>● Medical, vision, mental health, immunizations, nutrition, family planning, dental health, etc</li> <li>● Must show ID cards from the Bureau of Indian Affairs or letter from tribe</li> <li>● No fee</li> </ul>
			


CITY	AGENCY	PHONE	SERVICES PROVIDED
Medical + Preventive Care			
<b>Highland</b> 92346	Highland Senior Center Patton State-inside Main Entrance 3102 E. Highland Ave. Suite V-53	(909) 862-8104	<ul style="list-style-type: none"> <li>● Meals (lunch 12:00)</li> <li>● Activities</li> <li>● Sign Language</li> <li>● Transportation (fee)</li> </ul>
<b>Joshua Tree</b> 92252	Reproductive Health Services 63532 29-Palms Hwy, Suite D	(760) 366-5380	● See under <b>Barstow</b>
	Immunization Program 6527 White Feather Rd.	(760) 366-5380	● See under <b>all Cities</b> - page 41
92252	Public Health Cancer Screening Clinic 63532 29Palms Hwy. Suite D	(760) 366-5380	● See under <b>Big Bear</b>
92252	Senior Health Clinic Joshua Tree Community Center 6171 Sunburst Rd	(760) 366-5380	● See under <b>Adelanto</b>
<b>Loma Linda</b> 92354	Senior Health Clinic The Palms at Loma Linda 25585 Van Leuven St	(909) 796-5421	● See under <b>Adelanto</b>
<b>Needles</b> 92363	Reproductive Health Services 1406 Bailey St Suite D	(760) 326-9230	● See under <b>Barstow</b>
92363	Immunization Program 1406 Bailey St Suite D	(760) 3326-9230	● See under <b>all Cities</b> - page 41
92363	Senior Health Clinic Needles Senior Center 1699 Bailey St	(760) 326-9230	● See under <b>Adelanto</b>
92363	Colorado River Medical Ctr 1401 Bailey Ave.	(760) 326-4531	● Diabetes and stroke support group



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Medical + Preventive Care</b>			
<b>Newberry</b> 92365	Senior Health Clinic Newberry Senior Center 33383 Newberry Rd.  P.O. BOX 244	(760) 257-3284	<ul style="list-style-type: none"> <li>● Counseling 2nd and 4th Saturday nights</li> <li>● Coffee, Bingo</li> <li>● Rummage sales every 3rd Saturday</li> <li>● Wed: Arts and Crafts</li> <li>● Book store and lending library</li> </ul>
<b>Ontario</b> 91764	Reproductive Health Services and Young Adult Clinic (YAC) 1647 E. Holt Blvd	1-800-722-4777 (909) 458-9716	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> <li>● Reproductive Services</li> </ul>
91764	Maternal Health Clinic 1647 E. Holt Blvd.	(909) 458-9759	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
91764	Immunization Program 320 East "D" St.	1-800-722-4777	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
91764	Immunization Program De Anza Center 1405 S. Fern St.	1-800-722-4794	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
91764	Public Health Cancer Screening Clinic 320 East "D" St.	1-800-722-4794	<ul style="list-style-type: none"> <li>● See under <b>Big Bear</b></li> </ul>
<b>Rancho Cucamonga</b> 91730	Immunization Program 9791 Arrow Route	1-800-722-4794	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
91730	Senior Health Clinic Rancho Cucamonga Neighborhood Center 9791 Arrow Route	(909) 945-3875 <i>Ext 4614</i>	<ul style="list-style-type: none"> <li>● See under <b>Adelanto</b></li> </ul>
91730	Senior Health Clinic Rancho Cucamonga Neighborhood Center 9791 Arrow Route	(909) 945-3875 <i>Ext 4614</i>	<ul style="list-style-type: none"> <li>● See under <b>Adelanto</b></li> </ul>
			

CITY	AGENCY	PHONE	SERVICES PROVIDED
Medical + Preventive Care			
<b>Red Mountain</b> 93558	Senior Health Clinic Red Mountain Center 660 Hwy 395	(760) 372-5473	● See under <b>Adelanto</b>
<b>Redlands</b> 92374	Reproductive Health Services Redlands Public Health Clinic 800 E. Lugonia Suite F2	1-800-722-4777	● See under <b>Barstow</b>
92374	Senior Health Clinic Community Center 111 W. Lugonia Ave.	(909) 798-7579	● See under <b>Adelanto</b>
<b>Rialto</b> 92376	Immunization Program 214 N. Palm Ave.	1-800-722-4794 <i>General Info.</i>	● See under <b>all Cities - page 41</b>
92376	Senior Health Clinic Rialto Community Center 214 N. Palm Ave.	(909) 820-2612	● See under <b>Adelanto</b>
<b>San Bernardino</b> 92405	Arrowhead SAC Health Care Clinic 1293 North "D" St.	(909) 381-1663	<ul style="list-style-type: none"> <li>● Primary Care</li> <li>● Immunizations, breast cancer early detection program for women over 40 years old</li> <li>● Family planning</li> </ul>
92405	Norton SAC Health Care Clinic 1455 E. 3rd Street	(909) 382-7100	<ul style="list-style-type: none"> <li>● Primary care, immunizations, prenatal care, dental, mental health, nutrition, physical therapy, occupational therapy and speech therapy and health education</li> <li>● All types of clients accepted</li> <li>● Sliding fee scale</li> </ul>
92415	Immunization Program 799 E. Rialto Ave.	1-800-722-4794 <i>Automated voice system</i>	● See under <b>all Cities - page 41</b>
92415	Maternal Health Program 799 E. Rialto Ave.	(909) 383-3033	● See under <b>Chino</b>
92415	Immunization Program 351 N. Mt. View Ave.	1-800-722-4794 <i>General Info.</i>	● See under <b>all Cities - page 41</b>
92415	Senior Health Clinic 455 N. "D" St.	(909) 388-4504	● Senior information



CITY	AGENCY	PHONE	SERVICES PROVIDED
Medical + Preventive Care			
<b>San Bernardino</b> 92415	San Bernardino County Department of Public Health 351 N. Mt View Ave.	(909) 387-6280	<ul style="list-style-type: none"> <li>● General information on health services available to the public</li> </ul>
92415	Community Hospital of San Bernardino Health Information and Education Center 1725 Western Ave	909-887-6333 <i>Ext. 4732</i>	<ul style="list-style-type: none"> <li>● Education Classes for parents of 0-5 years old</li> <li>● Diabetes, Weight Loss, Health Heart</li> <li>● Freedom from smoking, Asthma</li> <li>● Low Cost Healthy Eating</li> <li>● Childbirth Education Classes</li> </ul>
92411	Immunization Program Casa Ramona 1524 W. 7th St.	1-800-722-4794 <i>General information</i>	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
92411	People's Choice Inc. 1505 W. Highland Ave. Suite 1	(909) 887-4414	<ul style="list-style-type: none"> <li>● Referrals made for housing, clothing, food, medical, dental, counseling assistance</li> <li>● Social services available</li> <li>● Family development counseling</li> <li>● Breast cancer referral</li> <li>● Teen pregnancy</li> <li>● Adults and Teens drugs and alcohol counseling</li> <li>● Disease control</li> <li>● Black Infant Health Program</li> <li>● Healthy Start Program</li> <li>● Open to anyone</li> <li>● No fee for referral</li> </ul>
			
92411	Senior Health Clinic Casa Ramona Senior Program 1524 W. 7th St.	(909) 387-4880	<ul style="list-style-type: none"> <li>● See under <b>Adelanto</b></li> </ul>
92411	Westside Community Service Center 1505 W. Highland Ave. Suite 1	(909) 384-5428	<ul style="list-style-type: none"> <li>● See under Adelanto</li> <li>● Senior lunch program 11:30 am-12:30 pm</li> <li>● County RN comes in once-a-month on 2nd Thursday of month from 9 am-12 pm</li> <li>● Monitor blood pressure</li> <li>● No fee</li> </ul>

CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Medical + Preventive Care</b>			
<b>San Bernardino</b> 92405	SAC Health System 1293 N. "D" St.	(909) 381-1663	<ul style="list-style-type: none"> <li>● Medical clinic staffed by Loma Linda University Medical Center professionals and students</li> <li>● Medical consultation Physical exams, TB tests</li> <li>● Accepts all types of clients</li> <li>● Sliding fee scale</li> </ul>
92407	Senior Health Clinic Delmann Heights Community Center 2969 N. Flores	(909) 384-5417	<ul style="list-style-type: none"> <li>● Senior lunch program</li> <li>● RN comes in once-a-month on 3rd Thursday of month from 9 am-12 pm</li> <li>● No fee</li> </ul>
92407	Immunization Program Delmann Heights Community Center 2969 N. Flores	1-800-722-4794 <i>General info.</i>	<ul style="list-style-type: none"> <li>● See under <b>all Cities</b> - page 41</li> </ul>
92401	Senior Health Clinic Lytle Creek Park Community Center 380 South "K" Street	(909) 384-5424	<ul style="list-style-type: none"> <li>● Senior lunch program</li> <li>● First come, first serve basis</li> </ul>
92407	Senior Health Clinic San Bernardino Senior Citizens Service Center 600 W. 5 <sup>th</sup> St.	(909) 387-4880	<ul style="list-style-type: none"> <li>● Nurse comes in once-a-week</li> <li>● Walk-in senior health clinic to evaluate vision, hearing, blood pressure, nutrition and medication use</li> <li>● Seniors lunch program</li> <li>● Meals-on-Wheel</li> <li>● No fee</li> </ul>
92407	Senior Health Clinic San Bernardino Senior Citizens Service Center 600 W. 5 <sup>th</sup> St.	(909) 387-4880	<ul style="list-style-type: none"> <li>● Nurse comes in once-a-week</li> <li>● Walk-in senior health clinic to evaluate vision, hearing, blood pressure, nutrition and medication use</li> <li>● Seniors lunch program</li> <li>● Meals-on-Wheel</li> <li>● No fee</li> </ul>




CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>Medical + Preventive Care</b>			
<b>San Bernardino</b> 92405	Reproductive Health Services Public Health Clinic 799 E. Rialto Ave.	1-800-722-4777	● See under <b>Barstow</b>
<b>Trona</b> 93295	Immunization program Trona Public Health Center 13207 Market Street	1-800-722-4794 <i>General info.</i>	● See under <b>all Cities - page 41</b>
93295	Reproductive Health Services Trona Public Health Center 13205 Market Street P.O. Box 14	(760) 372-5473	● See under <b>Barstow</b>
93295	Senior Health Clinic Trona Senior Center 13187 Center Street	(760) 372-5473	● See under <b>Adelanto</b>
<b>Twenty Nine Palms</b> 92391	Senior Health Clinic Twenty Nine Palms Senior Center 6539 Adobe Rd	(760) 367-5780	<ul style="list-style-type: none"> <li>● Seniors lunch program \$2 donations</li> <li>● Non-seniors \$ 3 donations</li> <li>● RN comes in once-a-month on 3<sup>rd</sup> Tuesday of month</li> <li>● Meals-on-Wheel</li> <li>● No fee</li> </ul>
<b>Twin Peaks</b> 92391	Immunization program 26010 State Hwy 189	1-800-722-4794 <i>General info.</i>	● See under <b>all Cities - page 41</b>
<b>Victorville</b> See also <b>Hesperia</b>	Alzheimer's Support 16890 Green Tree Blvd	(760) 261-7298 <i>Answering machine leave message</i>	● Caregivers, family, friends invited
<b>Yucaipa</b> 92399	Immunization Program Scherr Community Center 12202 First Street	1-800-722-4794 <i>General info.</i>	● See under <b>all Cities - page 41</b>
92399	Senior Health Clinic Scherr Community Center 12202 First Street	(909) 797-1177	● See under <b>Adelanto</b>




# Parenting Resources and Classes



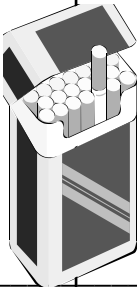
CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	National Runaway Hotline	1-800-786-2929 1800-RUN-AWAY 1-800-621-0394 TDD	<ul style="list-style-type: none"> <li>● Assist parent in locating runaway child</li> </ul>
	Tough Love International	1-800-333-1069	<ul style="list-style-type: none"> <li>● Non-profit parenting support group for parents who are troubled by teens unacceptable behavior</li> </ul>
<b>Barstow</b> 92311	Vista Guidance 309 East Mountain View Suite100  	(760) 256-0376	<ul style="list-style-type: none"> <li>● Parenting classes</li> <li>● Drug and alcohol counseling</li> <li>● Family and marital counseling</li> <li>● Substance abuse counseling</li> <li>● Individual group sessions</li> <li>● Educational classes</li> <li>● Child management classes</li> <li>● Domestic violence (PC1000.6)</li> <li>● Drug recovery (PC1000.2)</li> <li>● Sliding fee scale</li> </ul>
<b>Chino</b> 91710	Chino Human Services 13271 Central Ave	(909) 591-9822	<ul style="list-style-type: none"> <li>● Parenting classes</li> <li>● Child and adolescent counseling</li> <li>● Alcohol, tobacco &amp; drug prevention</li> <li>● Domestic violence program</li> <li>● Low cost, sliding fee scale</li> </ul>
<b>Loma Linda</b> 92354	The Family Resource Network C/O Inland Regional Center P.O. Box 6127	1-800-974-5553	<ul style="list-style-type: none"> <li>● Parent support, resources and referrals to families with children 0-3 years with disabilities or who are at risk</li> <li>● Call for other locations in the county</li> <li>● No fee</li> </ul>
<b>Montclair</b> 91763	Association for Retarded Citizens (OPARC) 9029 Vernon Ave.	(909) 985-3116 (909) 982-4090 Answering machine www.oparc.org	<ul style="list-style-type: none"> <li>● Workshops for adult day care</li> <li>● No fee</li> </ul>
<b>All Cities</b>	<b>"211"</b> Inland Empire United Way	1888-HELPLNK 1888-435-7565 STARTING SEPT 2006 AVAILABLE M-F 8-5	<b>Where to Turn to find no or low cost help for:</b> Food, Shelter, counseling, disability issues, drug abuse, aids, health insurance, child care, legal aid, sexual abuse, domestic violence and more...




CITY	AGENCY	PHONE	SERVICES PROVIDED
Parenting Resources and Classes			
<b>Ontario</b> 91762	Bilingual Family Counseling Services 317 West "F" Street	(909) 986-7111	<ul style="list-style-type: none"> <li>● Individual counseling in English and Spanish</li> <li>● Parenting Classes</li> <li>● Sliding fee scale</li> </ul>
<b>San Bernardino</b> 92405	Family Service Agency 1661 North "E" Street	(909) 886-6737	<ul style="list-style-type: none"> <li>● Parenting classes</li> <li>● Anger management class</li> <li>● \$10 for 2 hour class (need to complete all 6 parenting classes for certificate)</li> </ul>
92405	The Adult School of San Bernardino 1200 North "E" Street 	(909) 388-6000	<ul style="list-style-type: none"> <li>● Adult school annex covering health, nutrition, discipline, and self-esteem</li> <li>● Pre-GED program for those with mental health problems</li> <li>● Parenting class</li> <li>● Children's program, after school program.</li> <li>● \$10 registration for community service</li> <li>● GED classes</li> <li>● Office assistant program</li> </ul>
92401	YWCA-Adult Education 567 N. Sierra Way	(909) 889-9536	<ul style="list-style-type: none"> <li>● Day Care</li> <li>● State preschool program (4-5 years) free for those who qualify</li> <li>● Parenting classes</li> <li>● Fee varies based on class offered</li> </ul>
92415	Community Hospital of San Bernardino Health Information and Education Center 1725 Western Ave	909-887-6333 <i>Ext. 4732</i>	<ul style="list-style-type: none"> <li>● Education Classes for parents of 0-5 years old</li> <li>● Diabetes, Weight Loss, Health Heart</li> <li>● Freedom from smoking, Asthma</li> <li>● Low Cost Healthy Eating</li> <li>● Childbirth Education Classes</li> </ul>
92415	San Bernardino Community Hospital  1725 Western Ave	909-887-6333 <i>Ext. 4732</i>	<ul style="list-style-type: none"> <li>● Crisis intervention for pregnant women and Children up to 5 years of age assistance with:</li> <li>● Food, Diapers, Formula</li> <li>● Newborn clothes &amp; children car seats</li> </ul>

# Tobacco Information and Cessation Programs



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	American Cancer Society 7130 Magnolia Ave., Suite 5 <b>Riverside, CA 92504</b>	1800-ACS-2345 <a href="http://www.cancer.org">www.cancer.org</a>	<ul style="list-style-type: none"> <li>● Referrals to cessation programs</li> <li>● Pamphlets and information</li> </ul>
	Tobacco Use Reduction Now (TURN) - San Bernardino County Dept. of Public Health 351 N. Mt. View Ave. 2 <sup>nd</sup> Floor <b>San Bernardino,</b> CA 92415-0010 	1-800-637-6653 or (909) 387-6280	<ul style="list-style-type: none"> <li>● Phone counseling</li> <li>● Cessation class referral</li> <li>● Referral to California Smoker's Help line</li> <li>● Self help materials</li> <li>● Programs and presentations to community and schools</li> <li>● Smoke-free restaurant guide</li> <li>● No fee</li> </ul>
<b>Apple Valley</b> 92307	St Mary Medical Center 18300 Highway 18 P.O. Box 7025	(760) 242-2311 <i>Ext. 5331</i>	<ul style="list-style-type: none"> <li>● Group cessation - Cost \$35</li> <li>● Wednesdays 5:30 - 7:00 pm</li> </ul>
<b>Claremont</b> 91711	Indian Hill Counseling Center 219 N. Indian Hill Blvd., Suite 205	(909) 624-4727 <i>Voice Mail</i>	<ul style="list-style-type: none"> <li>● Counseling, behavior modification, and hypnosis</li> </ul>
<b>Colton</b> 92324	Arrowhead Regional Medical Center Quit Clinic 400 N. Pepper Ave.	(909) 580-6225	<ul style="list-style-type: none"> <li>● Smoking Cessation classes, 3 afternoon classes every month</li> <li>● No fee</li> </ul>
<b>Fontana</b> 92335	Merrill Community Services 16806 Ceres Ave.	(909) 823-0609 or (909) 823-0600	<ul style="list-style-type: none"> <li>● Outpatient drug and alcohol counseling</li> <li>● Prevention education</li> <li>● Sliding fee scale</li> </ul>
<b>Lake Arrowhead</b> 92352	Lawrence Mayo, PhD Lake Arrowhead Medical Center 29099 Hospital Rd	(909) 337-8219	<ul style="list-style-type: none"> <li>● Individual out-patient sessions with psychologist</li> <li>● Physician intervention</li> <li>● Sliding fee scale</li> </ul>

CITY	AGENCY	PHONE	SERVICES PROVIDED
Tobacco Information and Cessation Programs			
<b>Loma Linda</b> 92350	Loma Linda Center for Health Promotion, Loma Linda University, Evans Hall	(909) 558-4537	<ul style="list-style-type: none"> <li>● Group or individual cessation</li> <li>● Cost \$60</li> </ul>
92350	Loma Linda Veterans Hospital 11201 Benton	(909) 825-7084 <i>Ext 1869</i>	<ul style="list-style-type: none"> <li>● Group cessation</li> <li>● Free for veterans only</li> </ul>
<b>Redlands</b> 92374	Alternative Group 1902 Orange Tree Lane Suite 150	(909) 798-4668 <i>Answering machine</i>	<ul style="list-style-type: none"> <li>● Counseling on smoking and other addictive behaviors</li> <li>● Sliding fee scale</li> </ul>
92373	Beaver Medical Clinic 2 W. Fern Ave	(909) 335-4131	<ul style="list-style-type: none"> <li>● Group quit-smoking class</li> <li>● Stress management</li> <li>● Patients only no fee</li> </ul>
<b>San Bernardino</b> 92408	American Lung Association 441 Mackay Drive	(909) 884-5867 1-800-586-4872 (909) 884-6249 <i>Fax</i>	<ul style="list-style-type: none"> <li>● Referrals to cessation classes</li> <li>● Educational material on lung disease</li> <li>● Classes by Kaiser Permanente</li> <li>● Fee \$55</li> </ul>
92401	New House 840 N. Arrowhead Ave	(909) 881-0390	<ul style="list-style-type: none"> <li>● Nicotine anonymous and alcohol recovery program support group</li> <li>● Bilingual tobacco education</li> </ul>
92401	Libreria Del Pueblo 761 West 2 <sup>nd</sup> Street Suite D	(909) 888-1800	<ul style="list-style-type: none"> <li>● Incorporated into ESL classes</li> <li>● Citizenship classes and application forms</li> <li>● No fee, donation accepted</li> </ul>
92411	Community Hospital of SB & St. Bernadine Hospital 1725 Western Ave		<ul style="list-style-type: none"> <li>● 4 one hour sessions from 2-3 pm</li> <li>● Cost \$20</li> </ul>
92408	SACHS Norton Clinic 1455 E. 3 <sup>rd</sup> Street		<ul style="list-style-type: none"> <li>● Group cessation, 1hr class every Tuesday from 4:00-5:00 pm</li> <li>● IEHP</li> <li>● Sliding fee scale</li> </ul>
<b>Upland</b> 91786	Reach Out West End 1126 W. Foothill Blvd. Suite 110	(909) 982-8641	<ul style="list-style-type: none"> <li>● Presentations for children, K-12 that focus on gateway drugs and tobacco school based</li> <li>● Smoking cessation classes for adults</li> <li>● Court order drug diversion</li> <li>● No fee</li> </ul>

# Weight Management



CITY	AGENCY	PHONE	SERVICES PROVIDED
<b>All Cities</b>	Counseling Referral Service	1-800-426-1113	<ul style="list-style-type: none"> <li>• Appropriate referrals made for counseling and treatment for individuals and family</li> <li>• No fee</li> </ul>
<b>Barstow</b>	Overeaters Anonymous (OA)	(760) 261-3405 <i>Voice mail</i>	<ul style="list-style-type: none"> <li>• Shared experience and mutual support for compulsive eaters</li> <li>• No fees or memberships</li> <li>• Call for time and location meetings</li> </ul>
<b>San Bernardino</b> 92408	Overeaters Anonymous (OA)	(909) 785-6605 <i>or</i> (909) 880-0648	<ul style="list-style-type: none"> <li>• Shared experience and mutual support for compulsive eaters</li> <li>• No fees or memberships</li> <li>• Call for time and location meetings</li> </ul>
<b>Victorville</b> 92392	Overeaters Anonymous (OA)	(760) 261-3405 <i>Voice mail</i>	<ul style="list-style-type: none"> <li>• Shared experience and mutual support for compulsive eaters</li> <li>• No fees or memberships</li> <li>• Call for time and location meetings</li> </ul>
	A black and white illustration of a kitchen scale with a bowl on top.	A black and white illustration of a person's torso holding a small circular scale.	A black and white illustration of a person in a tank top, sweating, with a drop of sweat visible.

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18	Alcoholics Anonymous	04	Child Safety Seat Program
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55	Alternative Group	34	Chino Human Resources
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27	San Bernardino County Library	17	Victorville Perinatal Substance Abuse Treatment Program
44	SB County Medical Center ( <i>see Arrowhead Medical Regional Center</i> ) - Emergency Services	38	Victor Valley Union High School District
44	SB County Medical Center ( <i>see Arrowhead Medical Regional Center</i> ) - Pediatric Clinic	20	VARP INC. Gibson House for Men and Women
01	San Bernardino Public Health	5, 18	Vista Guidance Center ( <i>also pages 22&amp;52</i> )
27	San Bernardino Public Library	09	Volunteers of America Early Head Start
07	San Bernardino Sexual Assault Services, Inc.	26	Washington Alternative High School
27	San Bernardino Valley College	13	West End Family Counseling
45	San Manuel Indian Health Clinic	17	Western Clinics Health Services (WCHS)
30,42	Senior Health Clinic ( <i>also pages 43-51</i> )	40	Western San Bernardino County Bar Association
37	Senior Job Training Program	49	Westside Community Services Center
23	SHU Business and Education Institute	3 &	WIC (Women, Infants, and Children Supplemental Food Program
40	Small Claims Court Advisory Program	28	Workforce Development Dept. ( <i>also page 38</i> )
16	Social Science Services Inc.	35,37	
26	Somos Hermanas Unidas	44,45	Young Adult Clinic
28	Southern California Gas-Community Involvement Energy Program (CIEP)	52	YWCA Adult Educations